ANN ARBOR'S HOLISTIC MAGAZINE

THE CRAZY WISDOM COMMUNITY JOURNAL

MAY THROUGH AUGUST 2014 - ISSUE 57

FREE

Cantor Annie Rose — Jewish Seeker

Erica Kempter: Seeds for the Future

Ali Shapiro on *How to Read a Poem*

Jody Tull on Yoga in the Swiss Alps

Angie Martell, Holistic Lawyer

Heather Glidden — the Gyrotonic® Method

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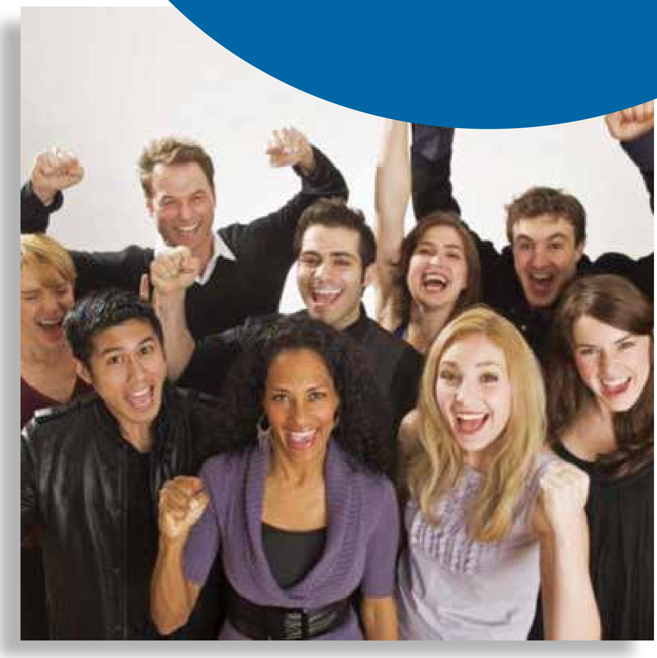

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The Crazy Wisdom Community Journal
Ann Arbor's Holistic Magazine

Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of conscious living, holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. ***The Crazy Wisdom Community Journal*** is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well being.

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The deadline for **free calendar submissions** for the September thru December 2014 issue is **Monday, July 14**, and the deadline for **paid advertising** is **Wednesday, July 30.**

The issue will be distributed starting in the last week of April. 10,500 copies of The Crazy Wisdom Community Journal are printed, and they are available at our bookstore as well as at more than 225 other locations in and around Ann Arbor. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 48104. Our web address is: www.crazywisdomjournal.com. Crazy Wisdom Bookstore's web address is: www.crazywisdom.net.

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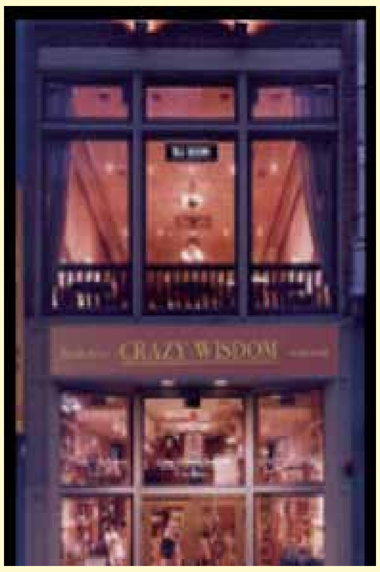
— This issue will be posted on our website as of May 1, 2014 —
visit crazywisdomjournal.com



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Ali Shapiro on How to Read a Poem

Ali Shapiro is a recent graduate of the MFA program in poetry at the University of Michigan, where she sometimes teaches composition and creative writing. She is also a Writer-in-Residence with the InsideOut Literary Arts Project in Detroit. Her poems and comics have been published in RATTLE, Redivider, Linebreak, and PANK. Here you'll find three of her poems and our Q&A.

Interview and photos by Julianne Popovec

FROST LAW

If anything's hidden, it must
be out here, tucked
between identical rows of identical corn or trucked
in the beds of rusty Chevys along
these roads that I keep turning
left on and then
never seeing again. The map shows everything
leading to something but that's
if you know where you're going, and that's
when you don't need a map. And that's
what winter does, splits the roads like chapped
lips, or it's
what summer does, or it's
what they do to each other—and it all
happens out here, the sky pink
as a skinned knee, the clouds pulled over the sun
like gauze, the crows
hysterical. And I'm trying,
I am, I'm using both hands
to hold myself still but I can't, and that's
what you do to me, or
what I do to myself, alone
and wishing I missed you.
Out here the houses
are just boxes delivered
inside larger boxes, on the beds
of larger trucks, and maybe they even
come with us in them, eating,
or reading, or lying there, trying
to sleep, or sitting outside
in the driveway, in the car,
in the starlight, in the silence,
on the road as it thaws
and swells and freezes like
breathing under all of this weight.

AUGUST

It's hot in the hallways, the breeze

a bedroom recluse, captive

and shuddering. Each night

we soak the sheets, sleeping

like strangers, our skin

frictionless. I'm leaving

soon, like always

in August, but if nobody moves

then there is no *soon*. The bottles

sweat. The fans say

no. We kiss

with our mouths full of ice.

TRAVEL SONG

There is no escaping
your body, or anyone

else's, or whatever you've done
in any hotel room, in the bellies

of bathtubs, on ash-scabbed
carpets, in the morning's

yawning mouth of broken
light. All you wanted

was the wanting, someone
else's, to bask in. A mold

for your body's soft clay. But what's
empty's what rises, the hollow

bones of birds, the halves
of the hull cupped like hands.

Even the fish are all
floating and blissful,

belly-up, wide-eyed, hanging
like clouds over various castles

and towers and divers and chests
overflowing with gold, like our chests

are, when morning finds
the sheets wrinkled like skin

and no body between them.
Desire's a hand closing

and coming up empty. Love
is the fist you keep clenched in your gut.

What's touched
is just the shucked husk,

exoskeletal. What you want
is the light in your palm.

Q&A

Julianne: Ali, how long have you been writing poetry?
Ali: I started writing poems as a very little kid; I got my first rejection — from *Stone Soup* magazine — when I was about six years old.

Julianne: When you first started writing, did you feel a natural inclination toward poetry? What do you like about it compared to other genres?
Ali: I'm not sure why I was initially drawn to poetry, but my best guess is that I got there via songs. My dad put Shel Silverstein's poems to music. He played the piano and I sang. So poems were always around, and usually stuck in my head.

> **Poems just happen to be the kind of art that I can sit still long enough to make.**

I wrote — and write — in other genres, too. Essays, comics, the occasional story. But I like writing poems because they're short, which means I can finish them. I realize that sounds ridiculous, but it's true. I mean, there are lots of other things I love about poetry, but I don't think they're exclusive to poetry; they're really things I love about *art*. Poems just happen to be the kind of art that I can sit still long enough to make.

Julianne: Who are some of your favorite poets and/or writers?
Ali: I semi-recently wrote a blog post for *Ploughshares* about my penchant for gay male poets; they continue to occupy a large swath of my personal canon. I also love poets who aren't gay men; right now, I'm hooked on Dean Young, Bob Hicok, and Monica Youn. And I also love poets who aren't only poets, like Denis Johnson and Nick Flynn.

Julianne: "Frost Law," "August," and "Travel Song" seem to be interrelated. They seem connected by themes of movement and stillness, love and desire. Did you intend them to be interrelated or read in sequence?

I'm also curious, did you write "Frost Law" in winter? It seems that people often associate winter with a time for self-reflection. Have these very cold and snowy past few months inspired any of your latest poems? If so, in what ways? What other types of things inspire your poems?

Ali: "August" is the last poem I wrote before moving to Michigan. I drove there from Seattle via New York City. It's much sparser than my usual poems. I think I was too hot to write longer lines. Also, the pieces of the poem presented themselves to me very neatly, one after another, like a series of facts. And I guess they *were* facts; it's a "true" poem, in that it really was August, and I really was leaving, and my parents' apartment really was full of those disapproving fans.

For better or worse, my default view of the world is through the lens of — as you said — "movement and stillness, love and desire." Whether I'm looking at a sunset or a water bottle or a possibly-dead fish, I see those themes.

"Frost Law" is the first poem I wrote after moving to Michigan — which was in early fall, actually, not winter. But winter is definitely in the poem — its before- and after-effects, the way it kind of pressurizes October. You can feel it coming. I could, anyway. I was going on all these very long bike rides, getting totally lost, but it didn't matter, because everything was — is — just so *flat*. It made me kind of restless and panicky. I wanted to exhaust myself, but I felt like I could pedal forever. Some of that comes out in the poem, I think — the long run of gerunds at the end, for example. (Bonus fact: frost laws are "seasonal restriction on traffic weight limits and speeds on roadways subject to thaw weakening." I meant to write a follow-up poem called "Thaw Weakening," but I never got around to it.)

"Travel Song" came later. I had gotten — adopted? rescued? — this Betta fish, Wendell, and we weren't getting along very well. I mean, I took good care of him anyway, of course, but really, I had wanted a dog, and he was a sorry substitute. Most of his time he spent lurking in the spires of his ceramic castle. Anyway, he would do this weird thing where he kind of played dead — like, I'd see him floating upside down by the filter, but as soon as I approached the tank to say my mournful but expedient goodbyes, he'd flip right side up and swim back to his castle in a huff. So the poem started with that image of him, floating over the castle, belly up but not really dead. And went from there.

All of which is to say that yes, you're absolutely right, these three poems share the same theme. And it's not just these three poems. Those are my themes. On good days, I think those themes are big enough to sustain an infinite number of poems. On bad days, I think I need to get some new interests. But for better or worse, my default view of the world is through the lens of — as you said — "movement and stillness, love and desire." Whether I'm looking at a sunset or a water bottle or a possibly-dead fish, I see those themes.

Julianne: Are there particular themes or subjects that your poems seem to repeatedly lead you back to?
Ali: See above. Also, sex. Which I guess could be expressed as movement + stillness + love + desire. In some cases, at least.

Julianne: What can we get out of the experience of reading poetry, as opposed to reading fiction or prose?
Ali: I hope there is a line or an image or an idea that skews the world just so — that makes the familiar seem suddenly strange. Like … okay, there's this Franz Wright poem that ends:

> How does one go
> about dying?
> Who on earth
> is going to teach me–
> The world
> is filled with people
> who have never died

And that idea — those last three lines — the instant I read them, I was like, *Oh*. *That's right*. *Of course*. Not because I thought the world was full of dead people, but because I hadn't thought of it in those words, in that context. A familiar concept — death — became strange, became new again.

Or this line from Bob Hicok's poem, *A Primer*:

> The Upper Peninsula is a spare state
> in case Michigan goes flat.

I mean, *obviously*. And yet, I would never have looked at it that way without Hicok's help.

Poems are really good at this kind of helping. It's one of my favorite things about them. And that's what I hope readers get from my poems, too: some help seeing the world in all its weirdness.

Julianne: It seems that people are often intimidated by poetry because they feel they can't "understand it." For us non-poets, can you offer advice on how to read a poem?
Ali: By "non-poets," I'm going to assume you mean people who do read *something* for pleasure, and/or who are on some level interested in relating to art. In which case, I have good news: you "non-poets" need not be intimidated! You just have to figure out whether or not you like reading poems. If you don't, you probably don't have to. If you do, great! Read more. Probably eventually you'll start noticing *why* you like certain poems, which I find to be among the most useful forms of "understanding," because it will help you to find other poems that you will also like. If you like reading poems so much that you end up becoming some kind of expert poem-scholar, then it may become necessary to cultivate a more esoteric "understanding" of poetry with which to intimidate others …but until then, sit back, relax, and enjoy reading poems.

I may sound glib here, but I'm really quite serious. People often talk about "inaccessible" poetry, but what kind of access are they expecting or imagining? I think many people see words on a page and immediately expect clarity, or at least a clear attempt to communicate some sort of information or idea. That is, after all, the purpose of most of our writings — from emails to news articles to street signs, most text does in fact aim to align signifier and signified in such a way that the reader immediately understands that "the lunch meeting is cancelled" or the street is "one way."

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… Take a poem in. Let it wash over you. Read it. Sit with it. Move on. See if it pulls you back. This is actually much harder than it sounds, because it means shutting off the voice in your head that keeps going, 'BUT I DON'T GET IT!'"

But the text of a poem, I think, is somewhere between a street sign and a painting, or maybe a dance. A poem isn't *purely* aesthetic; it's not just a shape that happens to be made out of letters and spaces — but it's also not purely communicative. It's *evocative*. In a poem, words do more than just *mean*.

If this sounds heady, well, it is and it isn't. On the one hand, there is great value in analyzing poetry. And it *is* possible to "understand" the "meaning" of a poem — or at least, it is possible to *mis*understand it; if you tell me "The Road Not Taken" is about robots, I'm going to tell you you're wrong.

But on the other hand, it can be equally valuable to just … take a poem in. Let it wash over you. Read it. Sit with it. Move on. See if it pulls you back. This is actually much harder than it sounds, because it means shutting off the voice in your head that keeps going, "BUT I DON'T GET IT!" or, worse: "I'M NO GOOD AT READING POEMS!" To paraphrase the poet Mary Oliver, "You do not have to be good [at reading poems]." You just have to read poems.

Oh, right. You *don't* have to. But if you want to, you totally can.

Julianne: Thank you, Ali!

Ali Shapiro currently lives in Ann Arbor. She's the recipient of a Thomas J. Watson Fellowship, scholarships from the Fine Arts Work Center and the Vermont Studio Center, and Dorothy Sargent Rosenberg Poetry Prizes in various denominations. Find her online at www.ali-shapiro.com or contact her at alisonrshapiro@gmail.com.

CRYSTA GOES VISITING

In this column, Crysta Coburn writes about crazywisdom-esque people and happenings around Ann Arbor.

Photo by Greg Pizzino

Jenny Song

Crysta Coburn

Natalie Berry

Carla Samson

Photo by Julianne Popovec

1

Put on Your Dancing Shoes with Carla Samson

Tall and graceful, Ann Arbor native Carla Samson knows how to move. She has performed alone and in pairs at events like World Hoop Day (the first Saturday of October), expertly gliding through twirling hoops of fire and spinning with fairy-like form.

On her website, Synchroblissity.com, Samson describes herself as "a performance artist who specializes in creative movement." This barely scratches the surface of this dynamic woman. Not only does she hula hoop and dance with fire, Samson is a certified yoga instructor and a health, fitness, and wellness coach. She also runs Ann Arbor's own Dance Church, a donation-based weekly worship alternative.

> **Carla Samson describes herself as "a performance artist who specializes in creative movement." This barely scratches the surface of this dynamic woman.**

After heading to Western Michigan University to study kinesiology (the study of how the human body moves), Samson felt unfulfilled. She decided to follow in the footsteps of countless young people before her and pack her bags for California, where she coined the term *synchroblissity* "to describe the beautiful unfolding of [her] travels." This is also where she was introduced to the ecstatic dance of Dance Church, a way to "pray and play." Upon her return to Ann Arbor, Samson was determined to bring Dance Church with her.

Photo by STIL Photography, Benny Bear Suydam

Every Sunday from 11:00 a.m. to 1:00 p.m., she invites us to Mota Thai Yoga (416 W. Huron, Suite 22, Ann Arbor) to "flow effortlessly into the wisdom of your body in the beat sanctuary called Dance Church." She delights in creating each unique two-hour playlist to fit the mood for the day, and is joined in free-form dance by people of all ages and activity levels. There is no judging in this "blissful journey through dance and movement"!

Samson's own life journey has taken her across the United States, through New Zealand and Australia, to India, and back again. She feels her travels have helped her to cultivate a sense of inner strength and direction that she harnesses every day in her work. She beams as she shares her experiences. "Being 21 years old and thinking, *is this all there is?* to now living a purposeful life embracing movement and artistic expression" has been a journey joyfully undertaken.

In addition to Dance Church, Samson offers lessons in Dance Meditation Technique, or DMT. "This technique results in practitioners experiencing profound creative release and emotional transformation." Meditation through movement "increases the conditions for personal discovery, insight, and healing physically and emotionally."

If you are feeling unfulfilled in your own journey, why not join this capable and genuine spirit as she sets a new beat? You have nothing to lose but your inhibitions.

Dance Church Ann Arbor is an open group held every Sunday from 11:00 a.m. to 1:00 p.m. at Mota Thai Yoga, located at 416 W. Huron, Suite 22, Ann Arbor 48103. Visit www.facebook.com/groups/dancechurchannarbor/ for more information. Carla Samson's website is www.synchroblissity.com.Contact her at synchroblissity@gmail.com.

2

Jenny Song at The Songbird Café

The smooth wooden furniture and unique decorative lighting fixtures manage to flow naturally into the large handwritten chalkboard menu just inside the glass doors of the Songbird Café. At first glance, you may notice familiar offerings, such as the corned beef and cheddar sandwich or Caprese (served with chips or a pickle). Allow your eyes to migrate downwards and you will come to more unconventional, though no less tasty, offerings like the California Roll, comprised of crab salad, avocado, cucumber, lemon mayo, and honey mustard served on brioche.

Matcha Latté

The drinks are equally varied and enticing. You could go with a mocha or cappuccino (or just plain coffee), but aren't you here to try something different? The Songbird happens to serve the best matcha (powdered green tea) latté in town. Other house favorites include the cardamom rose latte and fig vanilla black pepper latte (both made with coffee, not tea). If you aren't in the mood for a meal but require something to nosh on with your coffee, tea, or hot cocoa, there are plenty of baked goods to tempt you handily located right by the register. Is red velvet your weakness? Try the cupcake. How about a green tea red bean brioche?

Ordering at the Songbird works much the same as places like Panera and even Culver's, where you order your food and beverages at the counter just inside the door, sit down at one of the many cozy tables or stand off to the side for a to-go order, then wait for them to bring your food to you. (You are also expected to bus your own table.) But this cafe is one-of-a-kind, locally owned and operated by Jenny Song and her mother, Youn. Youn Song is the previous owner of BeWon, a Korean restaurant also located on Plymouth Road.

Jenny Song is a native of the north side of Ann Arbor, a graduate of both Huron High School and the University of Michigan. She earned her M.B.A. at the University of Chicago. Ann Arborites of all sides should be celebrating her return to the nest. At once both forward-thinking and down-home, the Songbird is a wonderful addition to Ann Arbor's foodie culture.

Song says that owning the cafe with her mother has brought them closer together. It is from Youn that she first learned to appreciate fresh produce and healthy eating. Determined to bring both to the Songbird, each of the café's culinary delights is first created and tasted at home in their own kitchen before being added to the menu.

If you think that being located so conveniently near to U-M's campus makes this a college den, think again. People of all ages and backgrounds have been flocking to the Songbird Café. The bar across from the counter is perfect for some solo work while the roomy seating area is a great place to meet up with friends. The ample parking of the shopping plaza and the café's free Wi-Fi also make it a great hangout! (And don't forget the matcha latté.)

> **. . . Each of The Songbird Café's culinary delights is first created and tasted at home in the Song's own kitchen, before being added to the menu.**

The Songbird Café is located at 2707 Plymouth Road, Ann Arbor 48105. For more information, visit thesongbirdcafeannarbor.com or email thesongbirdcafe@gmail.com.

Photo by Julianne Popovec

3

The Spontaneous Natalie Berry

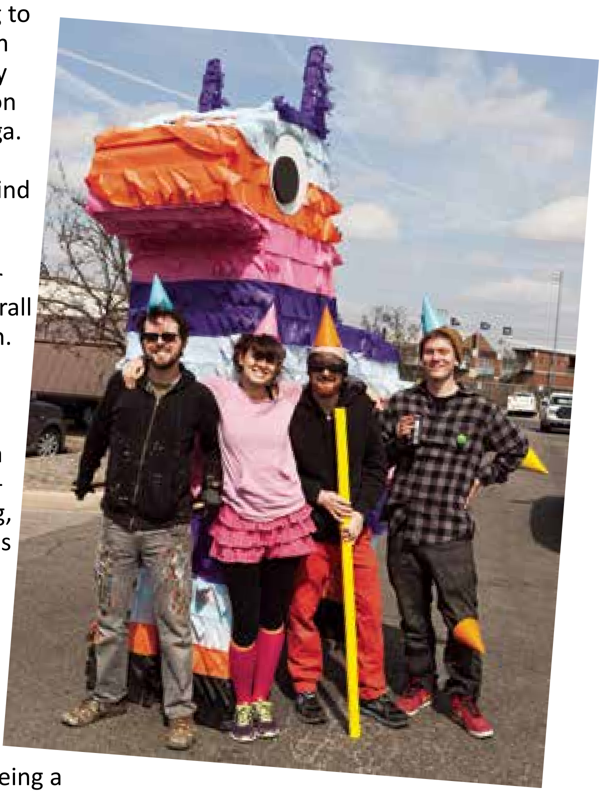
At first glance, “vegan yogini” and “giant mechanical cat that poops and coughs up hairballs” don’t seem to go together. That is the magic of Natalie Berry. A painter and performance artist based in Ann Arbor, Michigan, Berry bursts with life, drawing people in with her big, warm smile, bright eyes, and colorful clothing choices. (Who doesn’t love frilly tutus and rubber duck earrings?) And Berry loves cats.

This particular oversized cat, named Lucky, is a project of Spontaneous Art, a group composed of Berry and fellow artists Chris Sandon and Trevor Stone. In 2013, the trio appeared on *America’s Got Talent* with Lucky where they so shocked the unsuspecting audience, that the cameras wouldn’t show the large cat ejecting a large, clearly fake stool onto the stage. (Though the host throwing the turd at the jumpy judges was A-OK for TV.) Reactions on YouTube range from confused to delighted to horrified, one commenter calling the bit “the tiniest talent I’ve ever seen.” But it’s the laughter that Spontaneous Art is going for, and they certainly got it with Lucky the cat, loving every moment.

Though specifically requested by *America’s Got Talent* producers to appear on the show after they heard about it through the grapevine, Lucky isn’t just for television. The impressively well built, elephant-sized Tuxedo feline also pops up at events and festivals, always bringing people together to laugh, marvel, and share in this absurd and fleeting moment. To quote Spontaneous Art’s website, “Life is a temporary event…. After participating with us, we hope people are quicker to take social risks, question their self-imposed rules, permit themselves more freedoms and live out their days with more spontaneity.” The Smithsonian American Art Museum had this to say about their visit: “Arguably one of the most intriguing, enjoyable, and unexpected activities…. I know you provided many people with life long memories about a truly unusual, but wonderful, museum experience.”

> **“Life is a temporary event…. After participating with us, we hope people are quicker to take social risks, question their self-imposed rules, permit themselves more freedoms and live out their days with more spontaneity.”**
>
> **– Spontaneous Art**

Each of the trio’s “interactive, social performance[s],” which often include elaborate handcrafted costumes, “requires months of work,” says Berry. This is clearly a labor of love. (Detailed pictures and videos are available on their website, spontaneousart.org.) But Berry doesn’t just do performance art. When her brother unexpectedly passed away, Berry turned to painting as a way of dealing with her grief. This eventually began to feel like too solitary an activity and, she found, deepened that feeling of loss. Partnering with Stone and Sandon, Berry felt invigorated by art, and their road trips together forged deep friendships.



Berry, who is “always working to find *satva* or balance between high energy and low,” recently completed a training course on teaching trauma sensitive yoga. An essential trauma recovery tool is learning to calm the mind and body. For thousands of years, people have used yoga to decrease stress, focus their minds, and improve their overall physical and emotional health. The Trauma Center at Justice Resource Center in Brookline, Massachusetts, agrees that the best instructor for trauma sensitive yoga is positive, self-assured, engaging, welcoming, and someone who encourages students to create their own experiences. Berry believes that yoga “can be a beautiful practice,” but also “can quickly get too serious.” She is all about “playfulness and whimsy” and laughs often during practice. Sounds like being a yogini and thumping around in a giant cat-suit aren’t so dissimilar after all.

For more information, visit spontaneousart.org or Natalie Berry’s newly launched website: nattiebsunshine.com. Contact Natalie Berry at natberry42@gmail.com.

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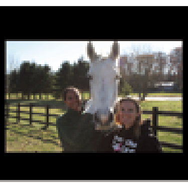

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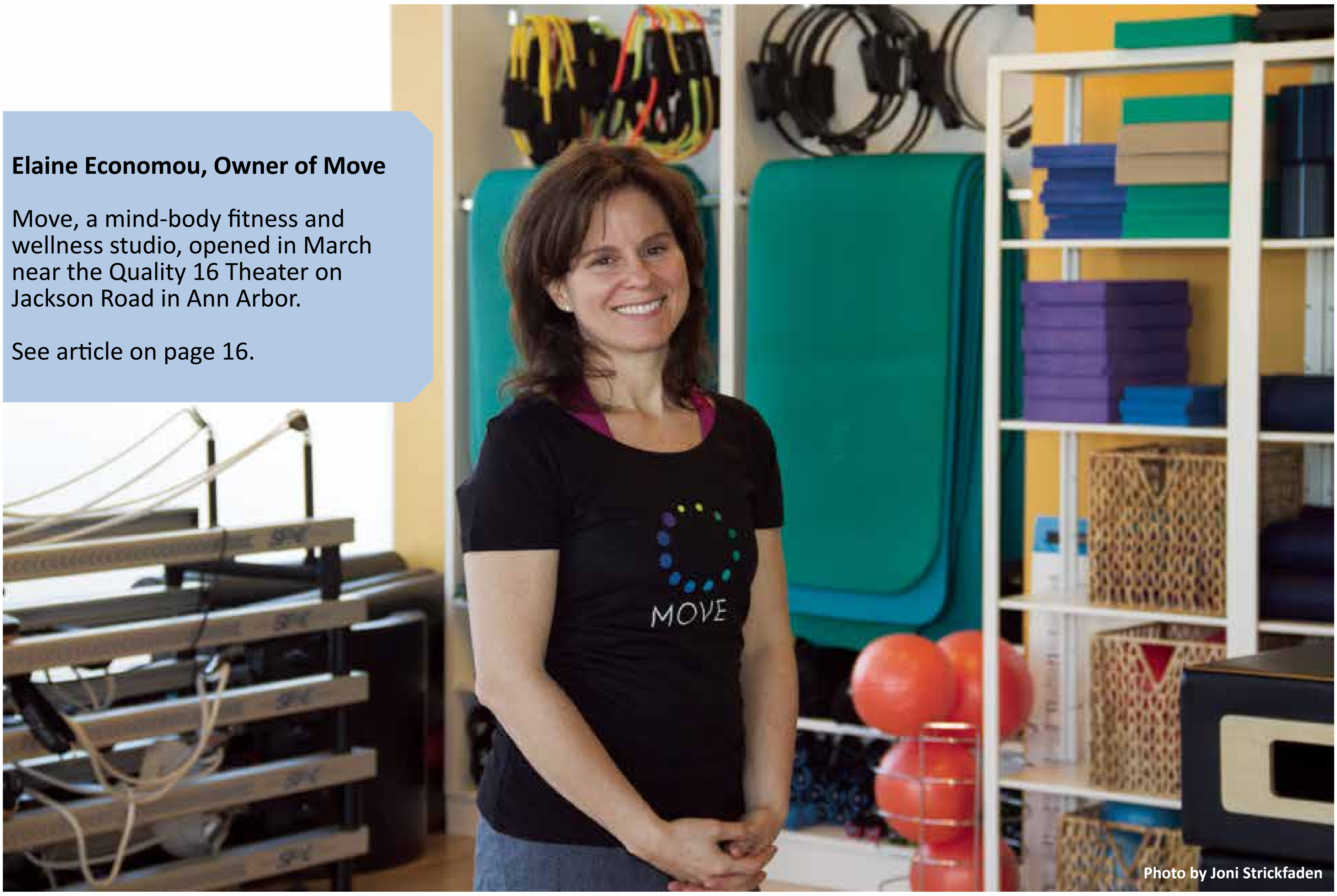
What's New in the Community



Elaine Economou, Owner of Move

Move, a mind-body fitness and wellness studio, opened in March near the Quality 16 Theater on Jackson Road in Ann Arbor.

See article on page 16.

Photo by Joni Strickfaden

By Lynda Gronlund

This ongoing column features upcoming events within Ann Arbor/ Washtenaw County and surrounding areas' Body/Mind/Spirit communities, new (during the past year or two) practitioners and holistic businesses, new books written by local/regional authors, new classes, as well as new offerings by established practitioners and holistic businesses.

New Offerings by Established Businesses and Practitioners

Kids Days at White Lotus Farms include face painting, live music, games, and goat milking demonstrations at 10:30 a.m. and noon.

The last Saturday of each month from May through September is Kids Day at White Lotus Farms. This is the third year the farm has offered this fun family event. White Lotus is a 15-acre working farm, just a few minutes from downtown Ann Arbor on Liberty Road. It consists of the farm, which grows vegetables and flowers, a small herd of goats, a bakery, and a creamery, which makes cheese and other products from their milk.

Kids Days run from 9:00 a.m. to 3:00 p.m. on May 31, June 28, July 26, August 30, and September 27. Activities include face painting, live music, games, and goat milking demonstrations at 10:30 a.m. and noon. Children can also meet adult and baby goats as well as chickens and ducks, and feed the fish in the koi pond at the farm. This year, the farm will also begin selling pizza at lunch time. The farm's product's will also be available for sale — fresh produce, eggs, honey, artisanal breads, and goodies like cookies and brownies, and, of course, fresh goat cheese and even goat's milk soaps. Beginning May 17, the farm will be open for sales each Saturday.

Kat Tsomo, one of the family owners of the farm, said that families tend to "stay for an hour or two, and come and go during the day." Kids and adults both will have a good time surrounded by the beauty of the farm.

White Lotus Farms is located at 7217 West Liberty Road, Ann Arbor 48103. Visit www.whitelotusfarms.com, call (734)707-1284, or email info@whitelotusfarms.com.

"We need to be more connected, and building community is always a good thing."
— Linda Diane Feldt, about the new professional group, Ann Arbor Area Holistic and Integrative Practitioners

Local holistic health practitioner Linda Diane Feldt has started a new group for professionals: Ann Arbor Area Holistic and Integrative Practitioners (A3HIP). Organized via Facebook, A3HIP meets for lunch on the third Thursday of each month. Feldt is clear about the purpose of the group. The Facebook description states: "Our purpose is to be educational and to build community. Please feel free to introduce yourself; please refrain from buying, selling, and advertising your practice. Networking will be great. Please don't post any client details or client information. Asking broad questions about techniques and practice is great."

Feldt said that the idea was in part inspired by another group she has belonged to for years: A2B3 (Ann Arbor Bi Bim Bop), which meets for weekly lunches to socialize and talk about technology. She has organized similar groups in the past, "but not since the 80s." She explained that not only has the number of holistic practitioners increased greatly over the last 30 years, but so has the variety and scope of the holistic modalities, themselves. Feldt noted that many doctors, psychotherapists, and others nowadays consider themselves to be holistic practitioners, whereas in the 1980s, the holistic professional crowd was made up almost entirely of body workers.

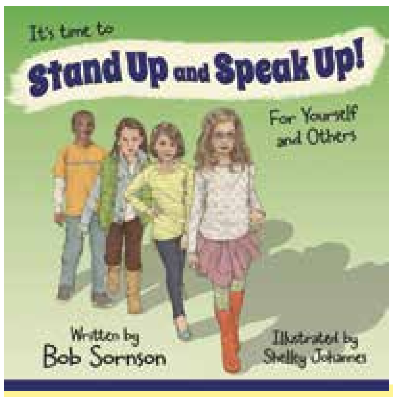
When asked why she decided to start A3HIP, Feldt mentioned several reasons. Among them, she noted, "We need to be more connected, and building community is always a good thing." She added, "If it wasn't fun there would be no point in doing this." She is currently working on a book, based on her many years in practice, on ethics in alternative healthcare. This is one of the discussions she hopes will be ongoing in the group and in the community of holistic practitioners.

In any group of related professionals, some might feel competitive with one another, but Feldt said that the increase in practitioners has only ever improved her business, not hurt it. She explained that each new practitioner brings new people into the community of people who seek holistic options, and that there is "no need for competition." She describes the group as "very egalitarian," without any type of hierarchy. A3HIP currently has approximately 60 members, and its first lunch, on one of the very cold and snowy days of February, had five attendees. The group is growing on its own now, by word of mouth among professionals, rather than personal invitation from Feldt, which was how it began.

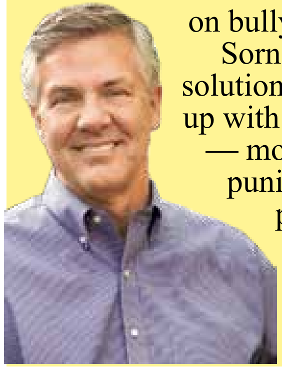
(Editor's Note: Linda Diane Feldt is well-known to long-time readers of the Crazy Wisdom Community Journal. *She is one of Ann Arbor's most well-respected herbalists, and she is also recognized for her work as a Cranialsacral and Polarity Therapist. She has written columns for us on ethical issues for holistic care providers, and we've covered the publication of two of her books:* Spinach and Beyond: Loving Life and Dark Green Leafy Vegetables, *and* Dying Again: Thirteen Years of Writing and Waiting. *She is also former President of the Board of the People's Food Co-op.)*

A3HIP is organized on Facebook: www.facebook.com/groups/A3HIP/. Practitioners can get involved by joining the group or by contacting Linda Diane Feldt at ldf@lindadianefeldt.com to become a part of the group's email list.

New Books by Area Authors



In November of 2013, local author and founder of The Early Learning Foundation, Bob Sornson, published his third children's book about bullying: *It's Time to Stand Up and Speak Up for Yourself and Others*. The author's previous books, *The Juice Box Bully* and *Stand in My Shoes: Kids Learning about Empathy,* have been immensely popular. The latter was the bestselling book on Amazon.com in the category of empathy, even among books written for adults. The new book is the story of a girl who is targeted by bullies but knows how to stand up for herself, and has a group of friends who also know how to stand up for her, and do. In talking about his work on bullying, Sornson said that the solutions adults have come up with to reduce bullying — more rules, harsher punishments, and even police involvement — don't go to the root of the problem. "There will always be kids who try to bully, and there will always be some kids who are seen as victims," he said. "The most important group is the group that creates culture." He explained that culture includes general agreements on how people treat one another. If it becomes socially unacceptable to bully, or to allow bullying to go unchallenged, bullying will become rare. He said he is trying to help "create the opposite of a nation of bystanders."



> In talking about his work on bullying, [author Bob] Sornson said that the solutions adults have come up with to reduce bullying — more rules, harsher punishments, and even police involvement — don't go to the root of the problem.

Parents and educators have used Sornson's books and have read them to children as young as three. Sornson said he would like the books to be preventative — reaching children before they have to deal with bullying situations, so that they have an idea what to do in response. Middle schools have even contacted him to get permission to stage the books as plays, which he has gladly granted.

It's Time to Stand Up and Speak Up for Yourself and Others *and Sornson's other books on bullying and empathy are available at Crazy Wisdom and online at shopcrazywisdom.com. Bob Sornson's email is bob@earlylearningfoundation.com. For more information about The Early Learning Foundation, visit www.earlylearningfoundation.com.*

Local authors Judy Powers and Linda Nicholas published their first co-authored novel, *The Fairy Box,* in December of 2013. Nicholas was inspired by Jonathan B. Wright's "fairy doors," small colorful doors meant for fairies. Fairy doors can be seen in several Ann Arbor businesses (including a beautifully crafted fairy door at Crazy Wisdom). She brought the story idea to her friend, Powers, and the two went to work. The story follows 12-year-old Kate, who finds a magic box that no one can unlock. Though grieving the death of her mother and angry about her father's remarriage, Kate is compelled to solve the mystery of the box. The story leads her on an interesting quest in which she finds clues behind the fairy doors at several Ann Arbor businesses local residents will recognize: Zingerman's Deli, the Kerrytown Shops, Motte and Baily Booksellers, Washtenaw Dairy, and Vogel's Lock and Safe Locksmiths. The journey brings her closer to her stepmother, and brings Kate to a new level of maturity by the time she is able to open the box and discover the magic inside.

Continued on page 14

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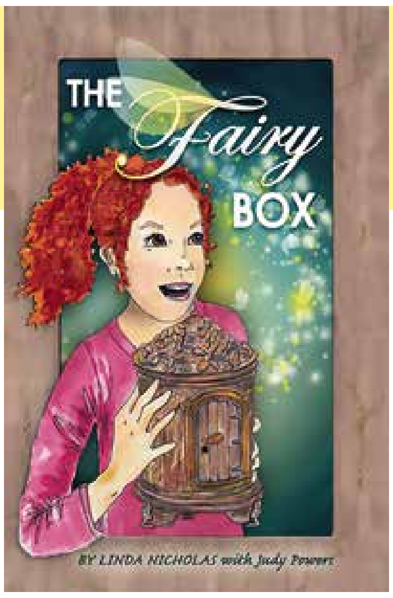
What's New in the Community

Continued from page 13



[*The Fairy Box* by Judy Powers and Linda Nicholas] is aimed at girls ages 9 to 14, and will hold special interest for children who have lost a parent or who are adjusting to a stepfamily.

The story is aimed at girls ages 9 to 14, and will hold special interest for children who have lost a parent or who are adjusting to a stepfamily. Both authors have known children close to them who have lost a parent, and Powers was very receptive when Nicholas suggested the story as a way of helping children who are grieving. The pair is working on a sequel to the story called *The Training of Mirabella*, which they plan to publish in the summer of 2014.

The Fairy Box *is available at Crazy Wisdom and online at shopcrazywisdom.com. For information about the book and its forthcoming sequel, visit www.thefairyscrolls.com. Judy Powers can be reached via email at judypd@comcast.net or by phone at (248) 404-7835.*

Local writer Madeline Diehl published *Wrestling with Angels*, a book of poems with the theme of love and healing, in the fall of 2013. The book almost didn't happen, Diehl explained. She was struggling with the personal nature of the poems and whether she really wanted them out there for people to read, when a man she had never spoken to before called to tell her how much one of her previously published poems ("The Lightness of the Human Condition," published in the Quaker publication *Friends Journal*) had affected him. Diehl then made the decision to publish *Wrestling with Angels* despite her discomfort, in hope that the poems would be helpful to more people. She had already received a lot of positive feedback about her poem "Lightness," which is about how the pain we all experience gets lighter when we recognize that our own pain and fear is not greater or less than anyone else's. This realization was a breakthrough in her own healing journey, said Diehl. "Things happen when they're supposed to happen," she said, and the well-timed phone call about "Lightness" helped her make the decision to share the poems in *Wrestling with Angels* with the world. "I wasn't going to care what people think about me anymore," she said. "We're meant to share ourselves and love each other."

Wrestling with Angels
Poems and Affirmations
by Madeline Strong Diehl

Local writer Madeline Diehl published *Wrestling with Angels*, a book of poems with the theme of love and healing, in the fall of 2013.

Despite the heavy themes of the book, humor runs through the poems as a natural part of Diehl's style. "[Humor] is the way through the dark things in life," she said. A Quaker who had converted from her upbringing as a Roman Catholic, Diehl explained that many of the poems were inspired by "messages" she delivered in Quaker meetings: "In an unprogrammed meeting like Ann Arbor's, Quakers/Friends worship in the silence, in a spirit of expectant waiting. If someone feels led to speak, they silently put themselves through a process of 'testing' that leading and the words of the message; then, if they still have the leading, they rise to deliver the message. In this way Quakerism is a mystical encounter with the divine/Light, as it relies on each person's inner Light and leadings."

Dr. Max Heirich, University of Michigan Professor Emeritus and 40-year explorer and consultant in holistic health and social and personal transformation, said of Diehl's book: "Madeline's writings testify to the fact that healing does not fall from the sky, but rather comes by tirelessly opening up our hearts and ourselves, and accepting with reverence whatever we find there."

Wrestling with Angels *is available at Crazy Wisdom and online at shopcrazywisdom.com. Madeline Diehl's website is www.madelinediehl.com. She can be reached by email and madelinediehl@gmail.com.*

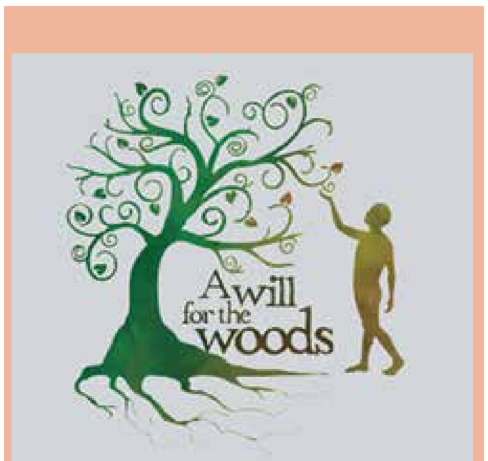
Upcoming Events

Song of the Morning Yoga Retreat in Vanderbilt, Michigan, will host its fourth annual "Yoga Fest" from Thursday, July 31 through Sunday, August 3. The event has grown from the original one-day retreat to a four-day weekend, with between 300 and 400 participants last year and more expected this time. Retreat goers can participate in a variety of yoga and movement classes for all levels of ability. Some of them are set to live music. Other activities and attractions include group and individual meditations from different traditions, a healing arts tent, workshops and hands-on projects in permaculture and sustainability, a children's area, creative spaces, and a vendor's area, which is new to the festival. Food vendors will make it easy to eat healthy and delicious vegetarian food all weekend long. Musical artists are still being planned as of press time, but will include Toronto-based Parvati of the multimedia show "Yoga in the Nightclub," and Royal Oak's Vishnu Blue.

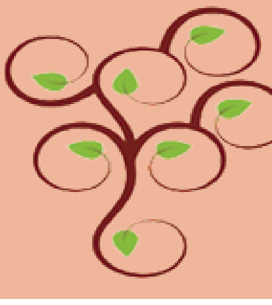
Yoga Fest is an opportunity to bond with the spiritual community of Michigan and the Midwest … and experience new aspects of yoga and the yoga lifestyle.

Event manager Ashtar Kukuk said that in addition to planned activities, there will be plenty of free time to enjoy the 800 acres of woodland and water in the Pigeon River National Park, adjacent to Song of the Morning's ranch. Some of the sustainability projects will involve walks in the woods where participants can learn plant and mushroom identification and other outdoor skills. The ranch itself boasts miles of hiking trails and a variety of campsites for retreat participants, as well as some indoor accommodations that are available on a first-come, first-served basis for an additional cost. The retreat costs $140 and includes camping accommodations. The first 100 tickets will be sold at a reduced price of $120. Kukuk said that Yoga Fest is an opportunity to bond with the spiritual community of Michigan and the Midwest, connect with nature and a stewardship of Mother Earth, and experience new aspects of yoga and the yoga lifestyle.

Song of the Morning Yoga Retreat is located at 9607 Sturgeon Valley Road, Vanderbilt, Michigan 49795. The organization is online at www.songofthemorning.org and can be reached by phone at (989) 983-4107. Those with interest in Yoga Fest can email yogafestmi@gmail.com.


A will for the woods

Merilynne Rush and Diana Cramer are working to spread the word about how families, churches, funeral directors, graveyard owners, and others can help with more environmentally friendly, less expensive, and more personal practices.



On June 2, local natural death care educators and advocates Diana Cramer and Merilynne Rush will host a screening of *A Will for the Woods* at the Michigan Theatre, as part of their ongoing effort to increase awareness about Green Burial and home funerals. Green Burial is a return to simple ways of caring for and interring our dead. Rush explained that modern embalming techniques were created during the American Civil War, because of the need to transport bodies over long distances back to their families. Prior to this, families tended to care for their own loved ones at death and bury them in family cemeteries. Now, Americans almost always pay others for these services. Funerals have become huge and pricey; caskets are fancy and expensive and claim to help preserve the body forever; and burials are done with concrete grave liners to "prevent the elements from entering." (Rush said they don't really work).

With a new interest in environmentalism and in reducing consumerism, 42 percent of Americans now say they want to be cremated rather than buried, Rush said, but there is a great lack of knowledge about the environmental cost of the emissions from this process and about any other options. "Ninety-nine percent of the problem is lack of knowledge, and fear," Rush explained. "This is a no-brainer," she added, stating that 150 years ago, funerals were simple affairs held at home, and people were "just put in the ground." Unfortunately, today's laws and regulations and a general culture of fear around death make a simple burial somewhat difficult to achieve. It's not impossible, though, and Rush and Cramer are working to spread the word about how families, churches, funeral directors, graveyard owners, and others can help with more environmentally friendly, less expensive, and more personal practices.

The two women host the "Death Café" at Crazy Wisdom's Tea Room, which is a free event held monthly (keep an eye on the Crazy Wisdom calendar for summer dates) for frank discussion and questions about death, and practices surrounding it.

A Will for the Woods is a documentary about Chinese-American psychiatrist, Clark Wang, who is dying from lymphoma. His interest in Green Burial resulted in a new natural burial ground in a section of forest next to a cemetery in Wake Forest, North Carolina. Rush said the film is "a must-see for anyone interested in alternatives to conventional, commercial funerals." There will be a post-screening Q&A with local experts. Advance tickets are available at www.michtheater.org/shows/a-will-for-the-woods/.

Rush is also organizing the "Green Burial Conference: Exploring Issues and Options," to take place October 11, 2014, at Matthaei Botanical Gardens in Ann Arbor. The aim of this conference is to bring together consumers and providers and create more local options for green(er) burial. Speakers will include experts on Green Burial and home funerals, and attendees will learn about the practicalities of how to do a natural burial.

Merilynne Rush's website is www.afterdeathhomecare.com. She can be reached by phone at (734) 395-9660 or by email at mrush@afterdeathhomecare.com.

For the end of summer, from July 20 to August 16, [Dancing Dog Gallery] will host a "call for art …." Artists in the community are encouraged to submit pieces for inclusion in the show.

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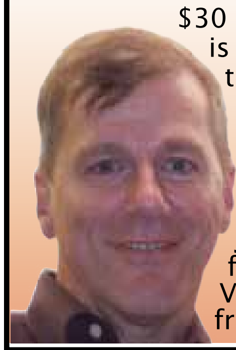
$30 suggested donation for Michigan Friends Center is appreciated. There will be a basket for donations to support the teacher as well.

To register and for more information, contact Carol Blotter at cb.meditate@gmail.com or (734) 475-0942.

John Cunningham has been teaching meditation for over 15 years. His current practice combines Vipassana, loving-kindness and non-dual teachings from various spiritual traditions.



The Dancing Dog Gallery in downtown Ann Arbor is hosting several exhibits this summer, including one where the public will be asked to submit art. Featured artist exhibit "Spreading Color —Vibrant Impressions of Nature," watercolors by Missy Cowan, will be on display through May 17. Sarah Clark Davis's show of painting, sculpture, and assembled work with a theme of fertility will be featured from May 18 through June 28, and a reception will be held on May 30 from 7 to 10 p.m. From June 29 to July 13, the gallery will feature "Broken," a traveling social art installation by Susan Clinthorne, which demonstrates a theme of human trafficking through handmade dolls with wings trapped in birdcages. For the end of summer, from July 20 to August 16, the gallery will host a "call for art," and will hold a reception on July 25. Artists in the community are encouraged to submit pieces for inclusion in the show. Directions on how and what to submit will be available on the gallery's website. Matruka Sherman, who is the President of the co-op that runs the gallery, said the gallery's founding artists are "very excited about the 'call to art.'" They feel it will help fulfill their mission statement in making the gallery more accessible to all.

The Dancing Dog gallery is located at 302 East Liberty Street, Ann Arbor 48104. Visit www.dancingdoggallery.biz or call (734) 531-6565.

Continued on page 16

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What's New in the Community

Continued from page 15

New Classes

Michigan residents Wen Chen, Priya Koteeswaran, and Barbara Hernandez recently completed extensive training at the Isha Hata Yoga School in Coimbatore, South India, and will now offer training in Classical Hata Yoga in the Lansing, Metro Detroit, and Ann Arbor areas. The word hata comes from the words "ha" — sun, and "ta" — moon, and Hernandez explained that the practice is focused on balancing the "sun and moon" in its practitioners. She described it as "less a studio practice and more an internal/personal practice." Hata is taught in workshops instead of ongoing classes (though some may do some follow-up classes with teachers), and it is performed almost entirely with the eyes closed. Hernandez said that this means the practitioner must "rely on the internal self to perfect the practice."

Michigan residents Wen Chen,
Priya Koteeswaran, and Barbara Hernandez …
will now offer training in Classical Hata Yoga
in the Lansing, Metro Detroit, and Ann Arbor areas.

The benefits of a Hata practice, explained Hernandez, include physical conditioning and weight loss, stabilization and balancing of the body, relief of chronic ailments, and a slowed aging process. She said that it also "opens the body and mind to higher possibilities." Teachers complete a rigorous 1,750-plus hour training program, which includes anatomy, physiology, yogic physiology, traditional Indian medicine, and yogic principles and lifestyle. Hernandez said that while most yoga practiced in the United States is viewed as an exercise program only, Hata yoga "brings forth the original purpose of yoga: to help one experience the fundamental nature of the existence."

Hernandez, Koteeswaran, and Chen will be leading Hata Yoga workshops monthly. Dates and locations will be announced as they are finalized on the website at www.ishafoundation.org/us/hatayoga. People interested in the workshops can also contact Barbara Hernandez at (517) 214-9671 or isha.barb@gmail.com.

Melissa Neill, R.N., created "Baby Basics" this year and will provide childbirth classes, baby massage classes, and postpartum support visits to expectant and new parents. Neill completed her degree at Stellenbosch University in South Africa, and worked as a registered nurse in England (for eight years) before moving to Ann Arbor six years ago. In the United States, Neill has focused on caring for her own two children and volunteer work, as well as achieving certification as a childbirth educator and birth doula though the Childbirth and Postpartum Professional Association (C.A.P.P.A.) and as an infant massage instructor through the Loving Touch Foundation. She is currently pursuing certification as a Lactation Educator, also through C.A.P.P.A.

"I feel having someone show kindness,
understanding, and compassion to women
at this very special time is immensely important…"
— Melissa Neill, about the childbirth
preparation classes she will offer this summer

Regarding her childbirth preparation classes, Neill said, "I feel having someone show kindness, understanding, and compassion to women at this very special time is immensely important. Many women remember their birth experience for a very long time, which is why we try and give research-based evidence to help couples have the best experience they can." The classes focus not only on the mechanics of childbirth but also on the importance of position changes during labor to help facilitate the birthing process. Neill also teaches relaxation techniques for the laboring mother and her support person, and helps the support person find ways to assist Mom during labor and birth.

Of infant massage, Neill said that the practice is an excellent way for caregivers to bond with babies and includes many benefits, such as enhancing social, emotional, and cognitive development, as well as relaxation for both the giver and receiver. It can also provide relief of gas and colic, better sleep, and a reduction in excessive crying. It helps the caregiver better recognize and understand the baby's cues, and can provide fathers with a special time to connect with the baby.

Neill will offer several classes at Life's Journey Family Chiropractic on Jackson Road this summer. She will offer a four-week baby massage course from 12:00 to 1:00 p.m. on Mondays. The start dates are May 5, June 3, and August 4. The course will also be offered on four Tuesdays, with a start date of July 1. In addition, Neill will conduct childbirth preparation classes in four-week sessions, with start dates of May 1 and June 5. Classes will take place from 12:00 to 1:00 p.m. Condensed two-week classes will be offered from 6:00 to 8:30 p.m., with start dates of July 17 and August 31. On June 28 and August 2, Neill will host workshops on active childbirth at Crazy Wisdom. Private in-home classes can also be arranged, which Neill commented, "are especially handy for twins!" She also does postpartum support visits, which can include help with breastfeeding, baby care, answering any questions the new parents have, and "simply having someone to listen."

Information and class registration is available online at www.babybasics.me. Melissa Neill can be reached at (734) 834-7801 or melissa@babybasics.me.

New Practitioners and Businesses

Move, a mind-body fitness and wellness studio, opened in March near the Quality 16 Theater on Jackson Road on the west side of Ann Arbor. Owner Elaine Economou explained that the studio's mix of private and group exercise options, massage, wellness coaching, and retail was inspired when she was working in the smaller downtown studio, The Movement Center. Many of the 23 people who worked at The Movement Center now work at Move. The space was small, and Economou envisioned a bigger studio with room for more diverse offerings that would fulfill her vision of a complete center for "fitness, wellness, inspiration, and community."

Photo by Joni Strickfaden

Move currently has 12 private trainers, many of whom also
offer group classes, including Pilates, Gyrokinesis®, dance,
Total Barre™, yoga, and Shred60 and Shred90 —
Move's own proprietary fitness mix.

One year before the new studio opened, Economou said that she and business partner Robin Krienke, who worked together at The Movement Center, bonded over personal tragedy. Their fathers died one day apart. They had been talking for a while about their vision for a more complete fitness and health center, and it was then that Economou asked, "What am I waiting for?" So the pair started working on a plan. Aimee McDonald-Anderson, now a master trainer at Move, was the owner of The Movement Center and was very supportive of Economou and Krienke's vision. She said that she had never had a great need to own a business; she just wanted to be able to bring the Gyrokinesis® and Gyrotonic® system to people who would benefit from it.

Gyrotonic® and Gyrokinesis® are mainstays of Move's offerings. Economou explained that Gyrotonic® is a fitness practice that helps move and strengthen the spine in all ranges of motion, including decompression. Dancers love the practice as it helps them stay flexible and strong, and retain complete range of spinal motion. Gyrokinesis® is a group-taught version of Gyrotonic®. Economou also teaches Pilates, a core-strengthening practice also favored by dancers.

Move currently has 12 private trainers, many of whom also offer group classes, including Pilates, Gyrokinesis®, dance, Total Barre™, yoga, and Shred60 and Shred90 — Move's own proprietary fitness mix. Shred60 and Shred90 include training with the Bosu Balance Trainer (a half-ball with a hard plastic base) and the TRX (a set of straps and handles allowing the user to perform various exercises partially suspended from the floor). The studio also boasts three massage therapists, four wellness coaches, and one life coach. There is a juice bar, a "conscious clothing" section, and a skincare section. Enconomou said that her desire was to "pull together different facets of wellness as a lifestyle." The studio's tagline, "be fit, be well, be inspired," sums up her ambition for the space.

Move is located at 3780 Jackson Road, Suite K, Ann Arbor 48103. Potential clients can book sessions and classes online at www.movewellness.com. Contact the studio by email at office@movewellness.com or by phone at (734) 761-2306.

Continued on page 18

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What's New in the Community

Continued from page 16

Pescara Handcrafted Foods, founded by Anna Hornyak in 2012, is gaining momentum as a provider of fresh, handmade authentic Italian food that buyers can warm up at home. A first generation Italian immigrant, Hornyak explained that while she and her brother Arturo were growing up in the United States, their mother would use just a few high-quality ingredients to make a variety of dishes. This kept the cost of feeding the family down and allowed her to provide quick, simple, and delicious meals. The simplicity allowed the flavor of the ingredients to really come through, explained Hornyak. Arturo and Anna both grew up passionate about this philosophy of food. Arturo put his vision into action early on, founding Arturo's Pizza Kitchen, which has been well-known in the Toledo area for over 20 years. Anna first pursued a successful career in human resources, and then, in 2012, decided to bring her own dream of providing fresh, authentic Italian food to busy families in Ann Arbor, but with a different concept.

Pescara Handcrafted Foods, founded by Anna Hornyak in 2012,
offers freshly made lasagna, pasta, soups, breads, and desserts.
All are made by hand with no added preservatives …
and can be warmed (microwave or conventional method)
at home and stored in the fridge or frozen.

Anna and Joey Hornyak

Pescara Handcrafted Foods offers freshly made lasagna, pasta, soups, breads, and desserts. All are made by hand with no added preservatives, and each recipe is limited to five or six ingredients of the highest quality. Hornyak explained that this keeps the flavors from being "overwhelmed with a bunch of different junk," and keeps the meals healthier than manufactured foods. Meals can be warmed (microwave or conventional method) at home and can be stored in the fridge or frozen. Hornyak explained that as a busy mom, herself, she wanted to make it easy for families to get a healthier dinner on the table.

Hornyak had another reason for wanting to keep the recipes simple. Inspired by her 20-year-old son, Joey, who has Down syndrome and is working on becoming independent, she wanted to build Pescara as a business that would be able to employ him as well as others with varying ability levels. Recently, a young woman with a disability began working for Pescara for a few hours each week as a part of a local job training program, assisting with making the food. Hornyak said it is working out very well. She hopes to eventually increase the business's volume enough to employ more people. Currently, Hornyak runs Pescara with her business partner, Karen Tadd, and one part-time employee. Joey works with his uncle at Arturo's in Toledo, and Hornyak hopes he will eventually be able to work at Pescara, closer to home.

Pescara's original concept was to deliver food orders to places busy families frequented —daycare centers, after-school activities, and the like — and continues this to an extent, but Hornyak explained that orders were not consistent enough to make it the sole mode of operation. Now, she has opened a small storefront in the Saline Senior Center, and is working with local small businesses to increase Pescara's reach. Coffeehouse Creamery on Jackson road carries her biscotti, and she is talking with various specialty food markets in the area about carrying the products. "We want to stay local," she said.

Giving back to the community is also a big part of Hornyak's vision for the business. On March 21, which is World Down Syndrome Day, Pescara donated the proceeds from certain sales for the week to support the Down Syndrome Support Team of Ann Arbor. She plans to support other charitable causes with fundraisers in the future. Of her career change, Hornyak said she is following her passion and doing what she loves to do.

Find Pescara Handcrafted Foods online at www.pescarafoods.com. They can be reached by phone at (734)330-9812 or by email at anna@pescaraenterprises.com. The storefront is in the Saline Area Senior Center at 7190 S. Maple Street, Saline 48176.

Ellen Abramson
started her new business,
Money Mindfulness,
in the summer of 2013.

Ellen Abramson started her new business, Money Mindfulness, in the summer of 2013. She began her own journey toward peace with money years ago, when she was talking with her hair stylist, who had just been in a car accident. Her hairstylist said she wasn't too worried about the cost because she had an emergency fund that should cover the damage to the car. Abramson said that she seemed to be very at peace about the situation, and asked how she had done it. The stylist introduced her to the work of Dave Ramsey, a financial author and teacher who, through his books and courses, helps average people to get out of debt and build wealth. Abramson bought Ramsay's book *The Total Money Makeover* and got started taking care of her own finances. Over the next five years, she and her husband paid off $90,000 in non-mortgage debt and were able to invest in their small business while not accruing additional debt. Together they took several courses through Ramsey's Financial Peace University. Eventually Abramson went on to facilitate several Financial Peace University courses. In 2013, a friend of hers confided her feelings of despair over her financial situation. She was deep in debt and felt stuck and powerless, unable to get ahead. Abramson offered to sit down with her to look at the numbers, and within two hours, they had a plan to get her out of debt in two to three years. Her friend felt empowered about her situation, instead of feeling she was at the bottom of a hole she could never dig out of.

Abramson explained, "If you don't have goals for your money, you can be sure your credit card companies, banks, and department stores do." She recognizes, though, that it's often hard to figure out what to do yourself. She said that once she started taking small steps and making plans for her money, she got to feel like she was winning, rather than just watching the money fly out of her wallet. Making the initial decision to get in control of your money can be very difficult, especially if you're doing it by yourself, she said. She found that once she had a plan, it was much easier to pass up the inevitable opportunities to spend money.

With experience as a social worker, Abramson brings a unique touch to the process of helping people design their budgets, pay off debt, and save for their goals. She said that sometimes she just "gives them permission to do something they know they have needed to do." In other cases, it helps just to have someone else present to "see the numbers with new eyes." There is a lot of fear around money, she said, and having someone else to help navigate can be very helpful as people try to become more mindful of their financial situation. Abramson, herself, said she now feels very peaceful and empowered about her finances, and loves to share her knowledge and skills to help others get that feeling.

With experience as a social worker, Abramson brings
a unique touch to the process of helping people design
their budgets, pay off debt, and save for their goals.

Of the "mindfulness" part of her business name, Abramson said, "You can control what your money does." Most people don't want to think about it, and that's why many have so many problems with debt, living above their means, and not saving for the future. To people struggling with a low income who fear they don't have the ability to pay down debt or save, she advises, "Awareness is always better than lack of awareness. You can always exert more control than you think you can."

Those interested in working with Abramson on budgeting, paying off debt, and saving can expect a two-hour consultation, with the possibility of follow-ups for fine-tuning as they form the necessary habits. Upon making the appointment, Abramson explains everything to bring (banks statements and so on) to make the session most valuable.

Ellen Abramson can be reached by email at ellen@northcoastbanners.com or phone at (734) 476-9948.

Paul Hess, Ph.D., who recently moved back to Michigan from California, formed Primal Rejuvenation, a nutrition and health consulting practice, in 2012. His own experience with chronic fatigue and mercury poisoning led him to a years-long search for relief, and Hess said that ultimately he discovered that there are five root causes of chronic fatigue and its symptoms: nutritional deficiency, toxicity, infections, deep emotional stress, and problems with body posture and movement. Hess had problems with all five. He found that he had to be his own guide to a "complete solution" to his health problems, as his healing had many factors, and no one doctor or practitioner seemed to be able to fully address his problems.

Through nutritional education and support, he can help clients with the first three causes — nutritional deficiency, toxicity, and infections — by teaching them the best foods to eat and what high-quality supplements to use. He explained that food is the best source of nutrition, and that supplements should be used when one can't get enough of the necessary nutrients from food. He said that many supplements are not of good quality and that many people are using them incorrectly, even causing themselves harm. He advised that it is important to take small steps in improving nutrition and detoxifying the body. Moving too fast can cause adverse reactions and is not helpful in finding out exactly what is working for someone. Sometimes, though, clients can find immediate improvement, just by taking a mineral they are lacking, at the first session with him. Clients tend to have an initial consultation with Hess and a series of follow-up sessions. "It's a big change in habits and thinking," he said, "and that takes time and adjustment." He also speaks to groups and businesses about nutrition and detoxification.

Paul Hess, Ph.D., who recently moved back
to Michigan from California, formed Primal Rejuvenation,
a nutrition and health consulting practice, in 2012.

In addressing the other two causes of chronic fatigue, emotional stress and posture/movement problems, Hess refers to and works with other providers who specialize in these areas. He said it is important to not expect a quick miracle but rather to stick with the necessary changes to relieve chronic fatigue. It takes time to incorporate the changes, and for the body to heal and become stronger.

Primal Rejuvenation is online at www.primalrejuvenation.com. Paul Hess can be reached at hess.paulc@gmail.com. While he works and lives in Plymouth, he does travel to Ann Arbor to see clients and also works via Skype.

###

Please note that the "What's New" column is part of the editorial (not paid-for advertising) part of the journal, and the editors may or may not include what you submit. Whether the editors include material or not will depend on space considerations, as well as other editorial issues, such as the need for high-resolution jpgs and the overall mix of stories included in the "What's New in the Community" column in a given issue. If you would like to submit information to be considered for this column, please email communitynews@crazywisdom.net or drop off or mail to the store: What's New in the Community, 114 South Main, Ann Arbor, Michigan 48104. The firm deadline for submissions for the next issue (September thru December 2014) is July 1, 2014.

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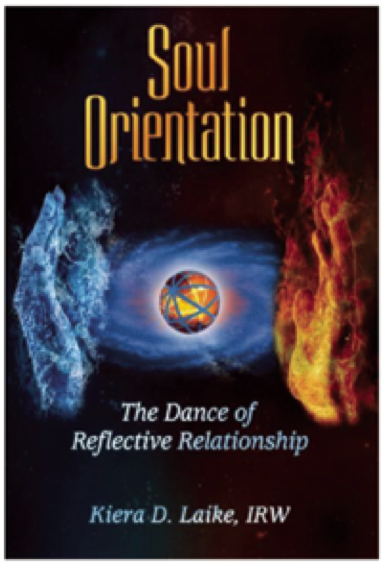
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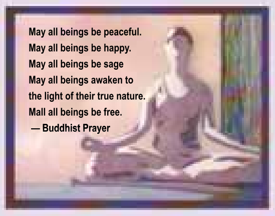
*An Open Talk by
Chas DiCapua,
Resident Teacher
at Insight Meditation Society
in Barre, Massachusetts*

Happiness is not something that is going to happen in the future. Nor does something have to be different for happiness to occur. The Buddha's teachings demonstrate with simplicity and clarity how we can actually cultivate happiness in our lives right now! Chas DiCapua's talk will explore these teachings.


May all beings be peaceful.
May all beings be happy.
May all beings be sage
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Mall all beings be free.
— Buddhist Prayer

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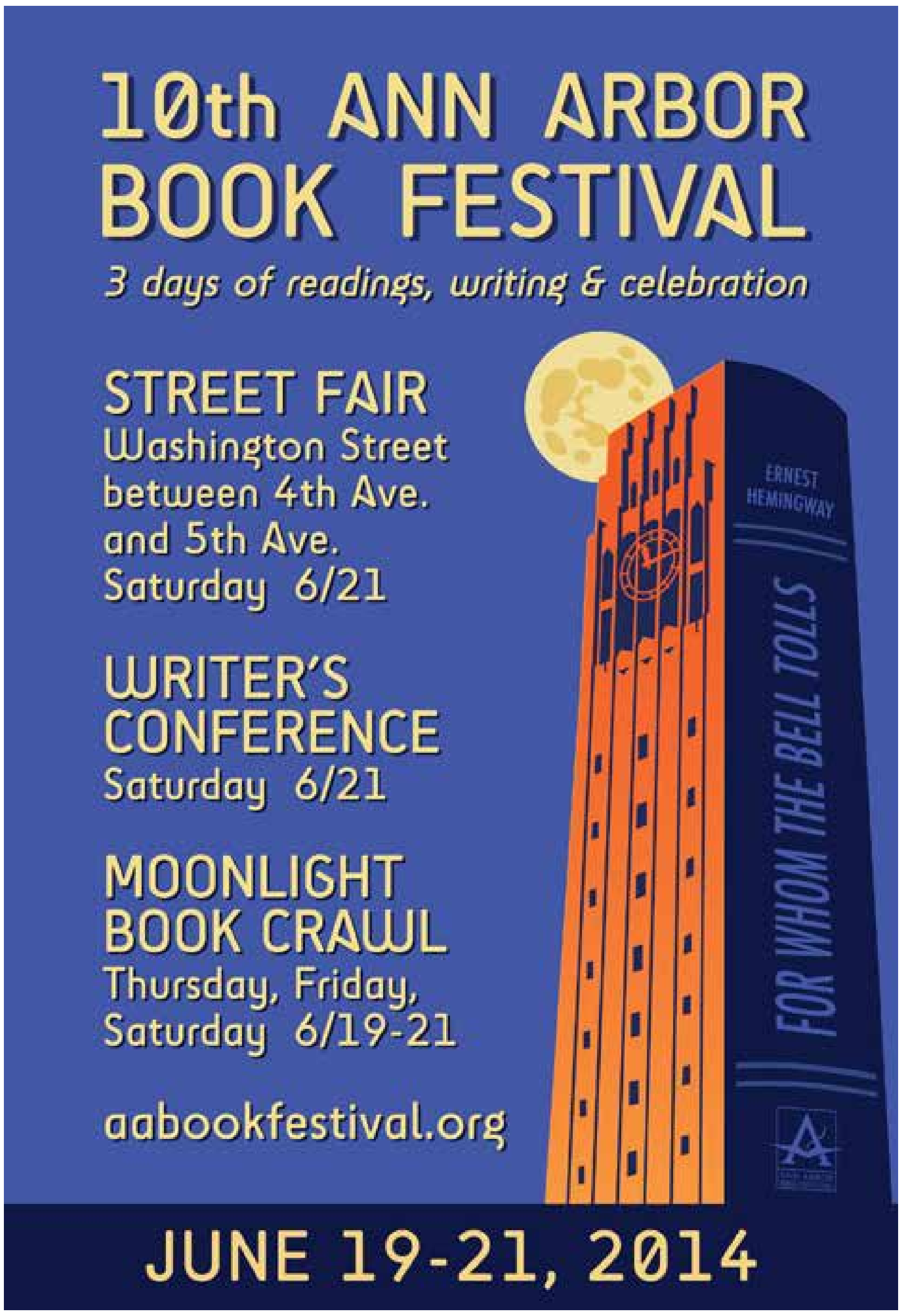
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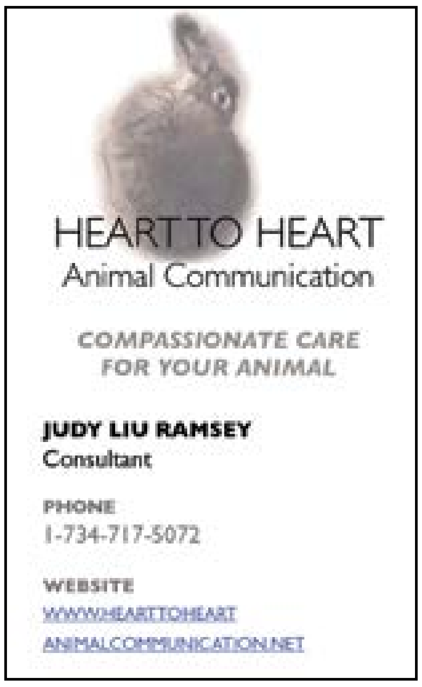

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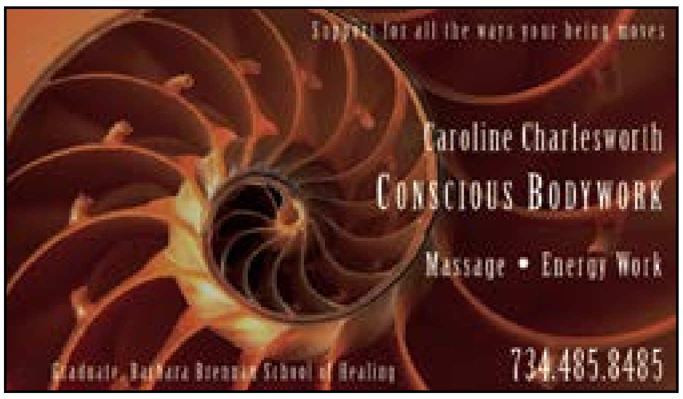

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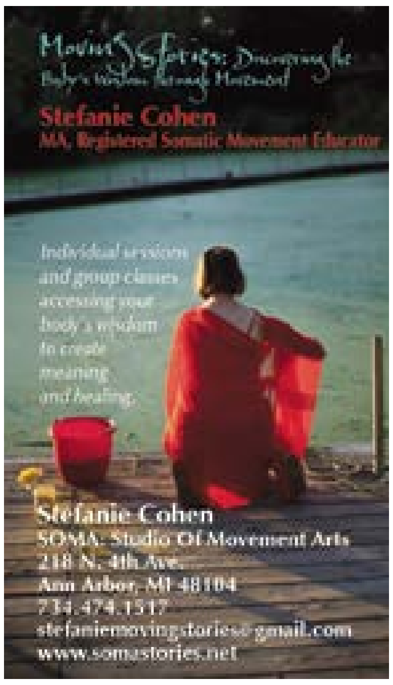

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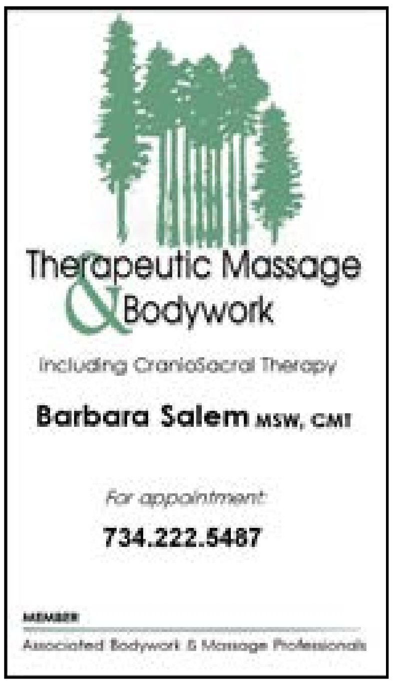

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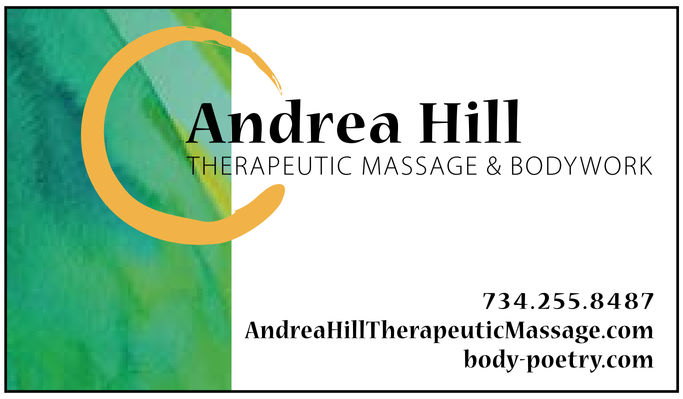

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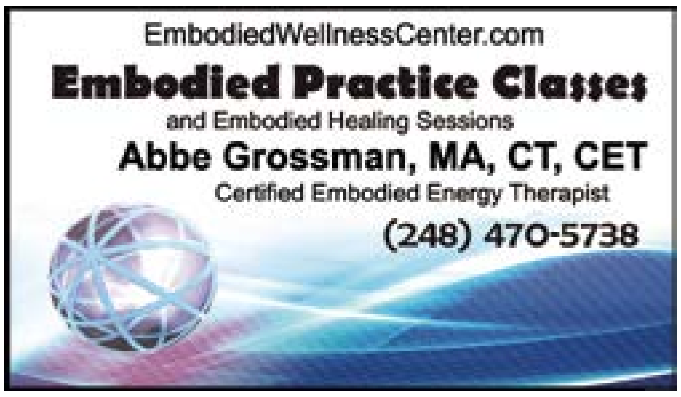

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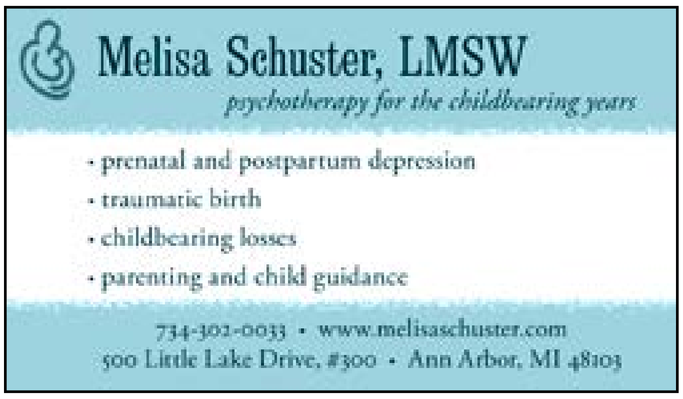

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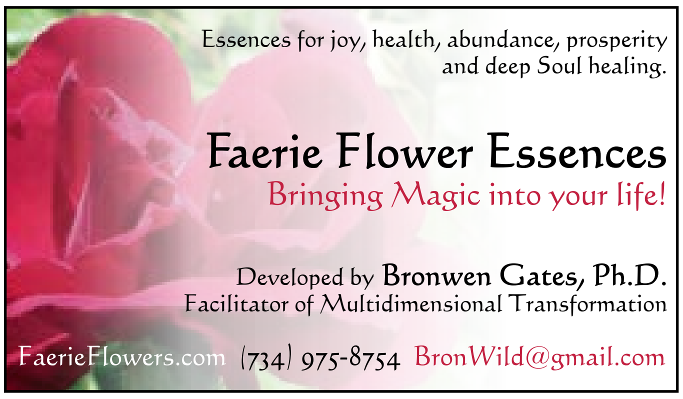

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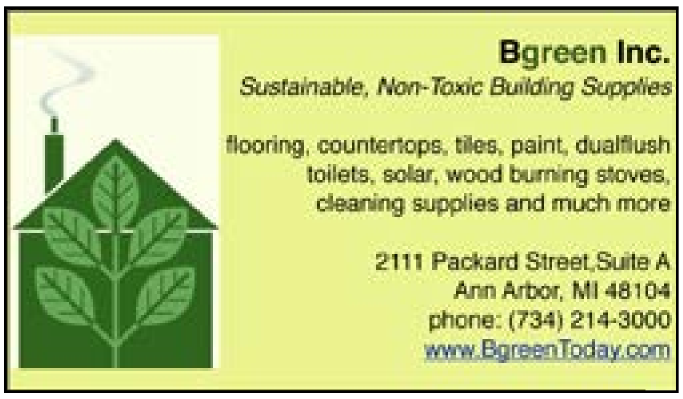

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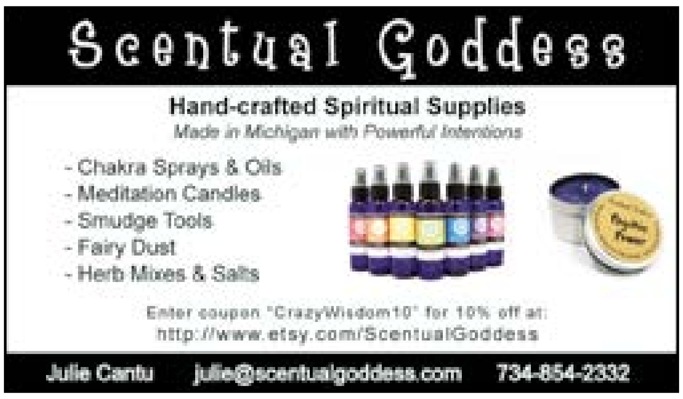

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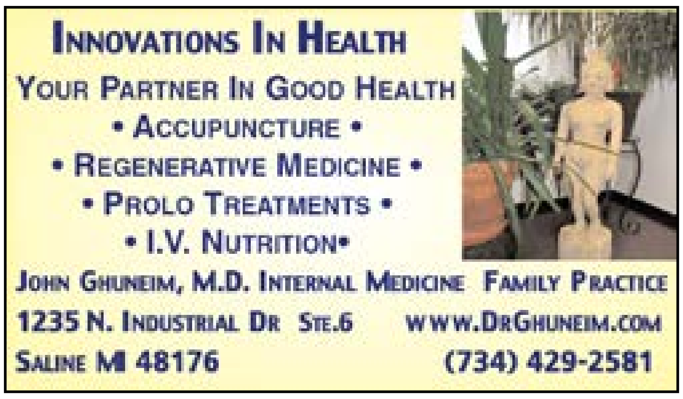

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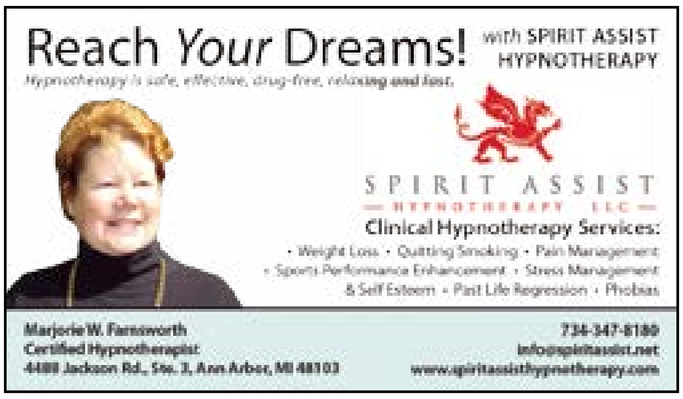

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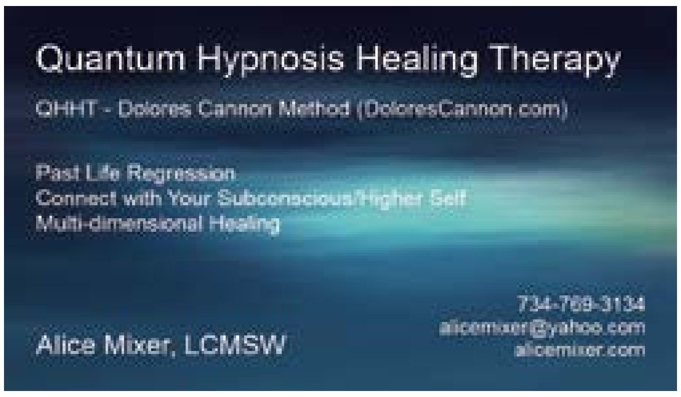

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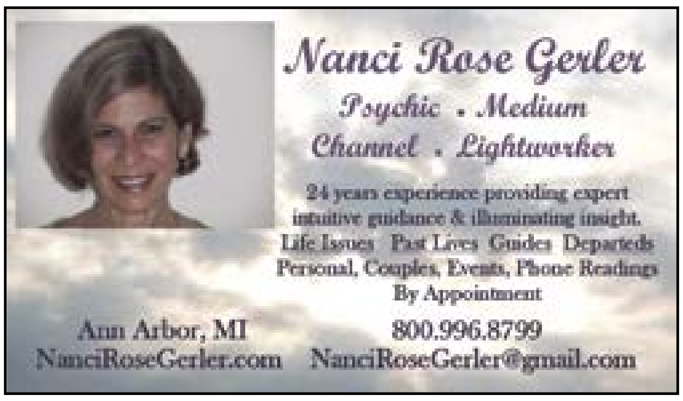

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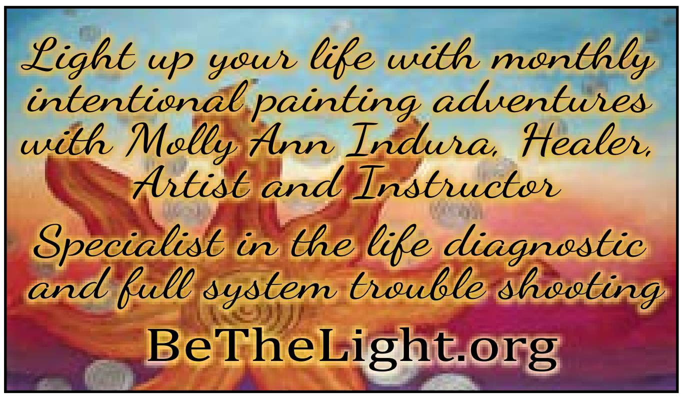

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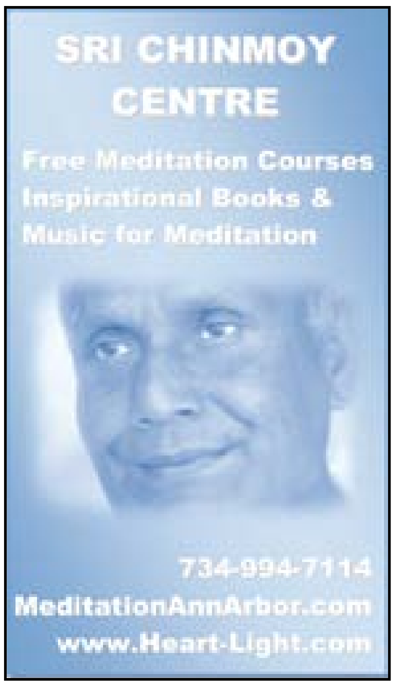

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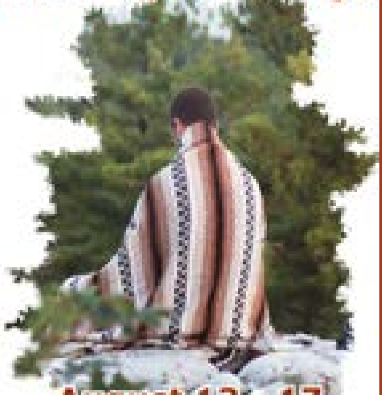

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Leaps of Faith: Tales of Local Businesses

This is one in a series of articles we've been doing on local business owners and their businesses. What follows are profiles of two interesting businesses that are thriving despite the odds.

By Mary Runser
Photos by Susan Ayer

ELITE CLEANERS II

Green Cleaning for a Simpler, Healthier Life

Sang Park, owner
Elite Cleaners II, 4065 Stone School Road, Ann Arbor 48108; (734) 975-0546

Sang Park came to the United States in 1979 from Seoul, South Korea. His high school sweetheart and future wife, Chong, had come to the States ahead of him in 1974 with family. "We came to the United States just to have a better life," Park explained.

> "You might ask why I chose this profession. The answer is easy. I meet such a variety of people when they walk through the doors here — teachers, lawyers, athletes — and I take the time to talk to all of them."
> – Sang Park

Chong went to work for General Motors in the powertrain plant, while her husband went into the dry cleaning business. Park took over ownership of Dutch Maid on East Michigan Avenue in Saline, Michigan, in September of 1980 — just 10 months after coming to the states. Experience in the dry cleaning business and a desire to move toward a healthier way of laundering clothes eventually led him to open Elite Cleaners in August of 2004.

To understand Elite Cleaners' healthy approach to cleaning clothes, let's begin with a small history lesson. In ancient Rome, woolen togas were cleaned with ammonia derived from urine and Fuller's earth, a clay material capable of decolorizing oils without the use of chemical treatment. Most often, animal urine was used, although special collection pots were also placed in public latrines. Any town of notability had at least one *Fullonicae*, or laundry facility. These were prominent industrial businesses and often the largest employers in a district. And yes, the government taxed collected urine!

Jump ahead a bit to the mid-19th century when French dye-works owner Jean Baptiste Jolly discovered that his tablecloth became cleaner after his maid spilled kerosene on it. Thus was born not only the concept of using petroleum-based products to clean clothes (a bit more appealing than urine) but also a new service called *nettoyage à sec*, or dry cleaning, which Jolly operated through his dye-works company.

Dry cleaning is defined as a cleaning process for clothing and textiles using a chemical solvent other than water. As one could imagine, with the original methods, flammability issues arose when petroleum-based cleaning agents were combined with the heat of drying garments. Actually, the use of highly flammable solvents caused many fires and explosions — one of the major reasons why customers were asked to drop their clothes off and pick them up at a later time. Clothes were often transported to a factory/warehouse setting to reduce the risk of injury to customers should fires and explosions occur. As a result, dry cleaners became heavily regulated by the government.

Chong and Sang Park

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[In the early days of dry cleaning,] the use of highly flammable solvents caused many fires and explosions — one of the major reasons why customers were asked to drop their clothes off and pick them up at a later time.

Park uses water and SoyClean, a cleaning agent made from soy bean citrus extract….When you walk through the doors of Elite Cleaners, you will recognize your surroundings by what you see rather than what you smell.

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…“Wet cleaning,” or green cleansing, is how Park now works his magic with clothing.

William Joseph Stoddard, an Atlanta dry cleaner, developed the Stoddard Solvent, which was slightly less flammable than petroleum-based cleaning agents. After World War I, many dry cleaners adopted the use of chlorinated cleaning solvents because they were much less flammable and had better cleaning power. In the mid-1930s, the dry cleaning industry adopted the use of perchloroethylene, a gentler and more stable, non-flammable alternative. Perchloroethylene, or PERC, is still widely used today throughout the dry cleaning industry.

When Park opened his first dry cleaning business in 1980, he also used PERC. “It was the safest and most effective approach to cleaning at that time. But it was also very expensive because of all the regulations the government placed on the chemicals and especially their disposal,” he explained. The Environmental Protection Agency (EPA) declared PERC a carcinogen and strengthened its regulations concerning the disposal of the solvent. It mandated PERC be handled as hazardous waste in order to reduce the risk of contaminating groundwater, and at the same time, drove up the cost of doing business for owners. “Then the States began to mandate that each dry cleaning establishment be certified in the use and disposal of the toxic chemicals,” Park said. “That added another monetary weight to the business owner.” Today, there are other alternatives for cleaning fabrics, such as glycol ethers, hydrocarbons, liquid silicone, modified hydrocarbon blends, brominated solvents, liquid CO_2’s, and finally, “wet cleaning,” or green cleansing, which is how Park now works his magic with clothing.

Considered by the EPA to be the safest professional method of garment cleaning, wet cleaning employs a gentle washing machine and biodegradable soaps and conditioners. It creates no hazardous waste or air pollution. Park uses water and SoyClean, a cleaning agent made from soy bean citrus extract. “It’s a very gentle detergent, safe for all kinds of fabrics, with a pleasant, clean scent,” he said. When you walk through the doors of Elite Cleaners, you will recognize your surroundings by what you see rather than what you smell. The light citrus scent is a pleasant change from the ordinary scent you might experience at a dry cleaners. “The most difficult part is educating and convincing my customers that their gentle fabrics can be washed in water.”(“Dry cleaning” simply means the absence of water in the process, not that clothing is actually cleaned while dry.) The key, as Park explained, is that the water temperature is only 38 degrees, which helps prevent shrinkage and color from fading. Beyond that, while the Italian-made Feori machine Park uses is large and looks powerful, he explained that it’s even milder than washing your gentle clothes at home with Woolite. The only drawback to this process is that it takes longer to wash and press out the wrinkles.

Though one might expect a price increase with the use of these eco-friendly cleaning agents, there is actually none passed along to the customer. “My prices are comparable to other cleaners in the area,” Park said. Since he does not use any toxic chemicals, he does not have to maintain certification through the state or have to pay chemical disposal fees. He explained that wet washing has taken off in Europe and in California, and is beginning to catch on in other parts of the country. Park, however, is the first in Michigan to turn to wet washing and, so far, the only one to do so in Ann Arbor.

Park has gained a customer base that extends to Brighton, Battle Creek, and beyond. “Some of our customers UPS their clothing to us when they know they are going to be in town, and pick it up from us before they go back home.” The entrepreneur credits this success to treating people fairly and with respect, and doing a good job. “You might ask why I chose this profession,” Park said. “The answer is easy. I meet such a variety of people when they walk through the doors here — teachers, lawyers, athletes — and I take the time to talk to all of them.” In a time when technology rules supreme, perhaps that small amount of real, face-to-face contact with another human being helps brighten the day.

Park and his wife have recently celebrated their 34th wedding anniversary. Chong, now retired from General Motors, works alongside her husband. They’ve raised three children and put them through college. “I just paid my youngest daughter’s last tuition payment,” Park said, with more than a little pride. “It’s a good feeling.” All in all, the high school sweethearts made good on their plan to have a better life. “I have no plans to expand,” Park said. “If I were a younger man, perhaps.”

###

Feature continued on page 26

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Leaps of Faith: Tales of Local Businesses

Feature continued from page 25

Gro Blue Indoor Gardening Supplies

Helping People Grow Healthy Food Year Round

Gigi Bennett and Ellen Pullen, owners
Gro Blue, 4072 Packard Road, Ann Arbor 48108; (734) 913-2750; www.gro-blue.com

Gigi Bennett and her mother, Ellen Pullen, own and operate Gro Blue in Ann Arbor, a specialty store dedicated to growing plants and vegetables and providing the equipment necessary to do so. As is often the case, our lives pull us in several directions all at once, leaving us little time to chase our dreams. The same is true for Gigi and Ellen. Ellen is a caregiver, an entrepreneur, a business partner, and a mother (though her children are grown). Gigi, too, has a loaded plate with three children, a partner to nurture, and a business to operate — and grow. Both women are learning to be more adept at handling those elements of their lives, while still finding the time to pursue their passion.

Gigi's mother (Ellen) and brother opened Gro Blue when he had moved back to Ann Arbor from California. Gigi left her job in 2010 to join the family operation. "I was lucky because my mom has always been an entrepreneur, and I often went to work along with her, so I had a bit of an understanding of what it takes to run a business," Gigi said. While born in Ann Arbor, Gigi's family lived in East Lansing for a time. Ellen started a daycare center there, and when Gigi was a child, she would frequently accompany her mother to work. Even though that is many years ago, that daycare is still in operation. "We had very humble beginnings," Gigi explained. "We began with a minimal start-up, and mom turned it into something quite a bit more substantial, but it's tough at times to keep it going." Both women now also apply their dedication to Gro Blue.

> "I was lucky because my mom has always been an entrepreneur, and I often went to work along with her, so I had a bit of an understanding of what it takes to run a business."
> – Gigi Bennett

The politics at play right now concerning the medical marijuana movement has had a significant influence on the flow of Gro Blue's business. "Many of our customers are caregivers and grow marijuana for their patients," Gigi explained. "While we are not and do not intend to become a dispensary, we make the necessary tools available that help provide that care." According to Gigi, Ellen had been a leading activist in Ann Arbor on the issue of medical marijuana. "Mom has long been a supporter of the medical marijuana movement. Marijuana has many medicinal benefits and can definitely relieve the pain and suffering of people in chronic pain. I'm all for that," Gigi said.

Gigi's real passion lies in the idea of people growing their own healthy foods and herbs: "When you grow your own food, there is no need to worry about GMOs or toxic chemicals and pesticides." There's nothing quite like the taste of a ripe, juicy tomato that you've nurtured and grown on your own. The same goes for green beans, hot peppers, potatoes, green peppers, rosemary, thyme, sage, and basil. And freshly grown herbs are not only a delicious addition to vegetables and meats, but they also have a medicinal value to them. Chamomile, spearmint, peppermint, lemon grass, echinacea, eucalyptus, and a host of other herbs are commonly used to

Gigi Bennett

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make teas, herbal remedies, and healing agents. "I want to help people understand the healthy, restorative, and therapeutic value of good, clean food," Gigi explained. "That's my goal; that's my passion."

That has been the goal since Gro Blue's inception in 2009. "It really was my brother's idea to draw from our own experience and passion for gardening to educate and empower people interested in indoor gardening," Gigi said. "You can truly grow indoors all year round with the right equipment. It's a challenge to do, but it can be done because you can control the variables to create the right environment for healthy plant growth." Gro Blue carries all the products you need, from soil and containers to grow lights and fertilizer. You can stop in and talk to Gigi and Ellen, ask them some questions, tell them what your growing goals are, and let them direct you down the right path. Before you know it, you'll be growing the best vegetables, herbs, and even flowers in the neighborhood.

Gigi would like to spread this knowledge to even more of the Ann Arbor community. "I think it would be awesome to have classes and workshops on gardening, or perhaps a women's gardening guild," she said. "We have vendors who are willing to come into the store to demonstrate their products and give instruction on how to begin container gardening indoors, or how to do urban gardening. There are all kinds of things to learn and talk about on the topic of gardening." As if on cue, a customer in the store asked a question about growing lavender because she'd been having trouble with it. Gigi and I talked about our experiences with it, and the customer seemed happy to walk away with some fresh ideas to try.

"We started this business during a rough time," Gigi said. "It's still rough and in a heavily male-dominated industry. I'm proud we're still here doing what we do." Gigi explained that most of the grow stores in the area are owned and operated by men. "It's interesting because the atmosphere of the male owned and operated stores is completely different. I'm not saying it's a negative thing, it's just different. We're not the only women in this business, but we are two of the few, and it feels good to know that we're still here, we've survived."

Growing up as the daughter of a woman who was both the first black homecoming queen and the first black cheerleader at Huron High School, and a woman who pushed hard for bringing books by black women to the school library, Gigi has always been inspired by her mother. "Mom has always been an activist, out there doing things to help people, and she's inspired me to do the same. That's why we're doing this. If we can get people to understand the importance and fulfillment of growing your own food, we are helping them become healthier individuals. That's what we're here for."

###

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Hail to the Gro'er!

Enlightened Selfishness and Ninjutsu

By Keith Copeland
Photos by Tobi Hollander

(Keith Copeland is the owner and head instructor at Quest Martial Arts in Ann Arbor. The photos on these pages were taken at Quest.)

What is one thing we all have in common?
What are three things that trouble each of us?
What are the nine ways to resolve these quandaries?

In my practice of ninjutsu over the past couple of decades, I have had the opportunity to explore these questions and find some answers.

Ninjutsu is the 900-year-old martial art of the ninja. It is a full art that encompasses body positioning, striking, joint locks and throws, and ground defense. But the truly valuable aspects of the art are the parts that cannot be seen. This includes psychology, energy work, and mind and spirit training.

Ninja students improve their posture

NINJUTSU IS THE 900-YEAR-OLD MARTIAL ART OF THE NINJA.

I have discovered these aspects through my personal exploration as a student of ninjutsu and as the owner and head instructor at Quest Martial Arts in Ann Arbor, where we teach the ninja martial arts as a "life skills laboratory."

The One Thing We All Have in Common

What we all have in common is that we are all human. Having said that, there are infinite varieties and variations of what it means to be human. Height, weight, complexion, hair color, skin color, mental status, whether you are an introvert or an extrovert, a vegetarian or meat eater — the list goes on.

The commonness of being human means that we all have an ego. And it is designed to protect us and keep us safe. The ego operates on its own software. Its purpose is survival, so it looks at each situation as a potential threat to be dealt with (fear). It also looks at each situation as a potential opportunity for getting more of what it needs to be safe now and for increased potential to be safe in the future (selfishness).

Ninjas practice control and focus to make targets go flying

THE TRULY VALUABLE ASPECTS OF NINJUTSU ARE THE PARTS THAT CANNOT BE SEEN. THIS INCLUDES PSYCHOLOGY, ENERGY WORK, AND MIND AND SPIRIT TRAINING.

The Three Things That Trouble Us

Whoever or whatever we are, we have three basic things that concern us:

1. Can we feed ourselves?
2. Do we have a place that can shelter us?
3. Do we have other people around us for safety and comfort?

So, the three things that trouble each of us are food, shelter, and community. Virtually everything the ego does is focused around these three things — fundamental survival considerations. We need food, a place to be safe, and people around us to create relationships and to increase the feeling of safety. There is "safety in numbers."

Even the best of us functions with these drivers, so our decisions tend to be from a "me," "my," and "mine" orientation. What would be best for "me"?

There are many of us who operate from a too humble perspective. "I don't deserve that." "No, you go first." "Let me make sure you have yours before I get mine." While it may be the polite and courteous thing to do, it also may be an attempt to be submissive, unobtrusive, or invisible so as to avoid danger — again, coming from a "me" and selfish perspective.

Students work on their weekly topic: balance

...THERE ARE INFINITE VARIETIES AND VARIATIONS OF WHAT IT MEANS TO BE HUMAN.

The Solution is Enlightened Selfishness

One of the many principles we learn through the practice of ninjutsu is Enlightened Selfishness. Enlightened Selfishness is the practice of having all you want while, and this is the critical point, making the world a better place. This principle addresses the issue of the ego trying to protect itself from danger and accumulating more to protect from future threats.

It also addresses an issue of the Spirit, or true self.

None of us exist in isolation or a vacuum. In many ways we exist only in relation to the world around us. In Human Behavior and Organization Development theory, there is a model called the “Action Research Model.” Quite simply, it has four steps:

1. Plan
2. Do
3. Check
4. Act

Basically, you have an assumption and you plan to take an action. You take that action. You check the results of that action to see if they are in line with your original plan and if they are taking you in the correct direction. Then you take actions based on what you discovered. The cycle repeats.

This model is a good model to apply to your spiritual development. If you are trying to become the most perfect version of yourself possible, then you need to see other people in the world around you as a reflection of yourself.

Father and daughter apply their self-defense knowledge

The commonness of being human means that we all have an ego. And it is designed to protect us and keep us safe.

Using their whole body, adult students practice applied defense techniques

Even the best of us functions with these drivers, so our decisions tend to be from a “me,” “my,” and “mine” orientation. What would be best for “me”?

Indeed, there is a concept called “projection.” This theory states that the things that you are attracted to in others, as well as the things that irritate or frustrate you about others, are the exact things that you like, or are uncomfortable with, or dislike, about yourself.

If you are trying to become the most perfect version of yourself possible, then you need to see other people in the world around you as a reflection of yourself.

Enlightened Selfishness actually requires you to have more. More resources. More money. More social connections. More knowledge. More authority. You see, the more you have, the more you can share with others.

The more resources you have, the more good you can do in the world. The more money you have, the more people you can employ or invest in. The more social connections you have, the more you can connect other people with the things they need.

Enlightened Selfishness completely supports the ego. It protects you because it enables you to have more people around you who are connected to you and feel an affiliation with you. And the more people you can help in your community, the more those people will feel safe, secure, and less apt to be violent.

Two brothers commit to earning their Black Belts and rely on the support of the Quest Community

Enlightened Selfishness is the practice of having all you want while, and this is the critical point, making the world a better place.

From a spiritual point of view, you are cultivating compassion and service to others. You are also learning that differences between people are just opportunities for personal growth and leveraging each other's strengths.

Nine Ways to Resolve the Quandary

1. Help yourself
2. Help others
3. Resolve conflict
4. Celebrate differences
5. See yourself and others
6. Look for opportunities for leveraging yours and others’ strengths
7. Build community
8. Embrace your uniqueness
9. Embrace the fact that you are not unique

Enlightened Selfishness could possibly be the key to resolving your issues and your community’s issues. It could also resolve the problems facing our nation and help the world wake up to the possibilities of truly supporting one another. Instead of seeing conflict, we could embrace cooperation and collaboration.

Keith Copeland is the owner of Quest Martial Arts, which is located at 2111 Packard Street, Ann Arbor 48104. He also runs an organization development and personal development practice in which he guides individuals and businesses to find their greatest efficiency and effectiveness, thereby creating value through their right livelihood. To learn more, call (734) 332-1800, email questcenter@sbcglobal.net, or visit www.quest-martialarts.com.

Every Day a New Adventure

Psychiatrist Nirmala Nancy Hanke, Meditation Teacher at the Lighthouse Center, on Retirement and Conscious Living

By Dr. Nirmala Nancy Hanke

Photos by Joni Strickfaden

> *Your life is a grand adventure. Take risks. Explore the unknown. Journey forth into the great wide open without preplanned outcomes.*
>
> – from *The Original Angel Cards Book* by Kathy Tyler and Joy Drake

This quote certainly applies to the phase of life we call retirement. One of my friends, who retired three years ago, checked in with me recently to see how retirement is going. I told her I loved it, and she said she thought I would. "Every day is a new adventure," she said, even though she is now in the midst of chemotherapy and radiation for newly diagnosed breast cancer. I am inspired by how well she is able to go with the flow of whatever life brings. Every day a new adventure, indeed. Retirement is a new platform, a new vantage point from which to view ourselves. An opportunity to launch ourselves on a new trajectory, one that integrates our life until this point and opens us to the possibilities of who we would still like to become and what will happen to us. So how does one go about this "project" of retirement?

Retirement is a new platform, a new vantage point from which to view ourselves.

Approaching Retirement

I began my retirement countdown two and a half years out — first counting the months, then at one year changing to weeks, and in the last month counting the days. There are retirement countdown apps online, or you can just keep track on paper. This was a great inspiration and comfort to me as I wound my way slowly toward the magic day of retirement. You can start your own countdown at any time (my hairdresser just started hers at five years out). Others don't seem to need or want a countdown.

There is, of course, the need to make retirement plans (particularly financial) before one can decide upon a retirement date. There are retirement calculators online and financial planners eager to help with this task. Also, along the way, it was interesting to note others' reactions to my approaching retirement (though I was not going into "full retirement," as I planned to keep my private psychotherapy practice). Friends were supportive, and colleagues at work had varied reactions: happy for me, sad I was leaving, and excited or anxious about their own upcoming or long distant retirements. As the time got closer, everyone wanted to know: What are you going to do? Any goals? I told them: Jammies and going with the flow. Many also wanted to know about plans for travel. Since I have traveled a lot already, I have no burning desire to travel more (except, of course, to visit my son in Oregon and my daughter in New York). Really, the only travel I am interested in now is inner travel.

Day One and Beyond

I was quite excited for day one, the first Monday in years I was not on the road to work at 7:30 a.m. There I was in my jammies at a very civilized 9:00 a.m., eating my Clif bar and ready to do what I, as a good Type A, had been longing to do for months: make a list of things to do. At last, "The List." I made three columns of To Do's: This Week, This Month, and Parking Lot. All set! Not on The List were all of the things "off the grid," those activities that would fall into the category of "Play," like meditation, yoga, going out with friends, going to the gym — all manners of having fun and taking time out. After I finished The List, I worked off of it till noon, then had lunch and took a nap for three hours!

With The List in hand, my marching orders as it were, I began to incorporate it and the newly available 50-odd hours per week into a *retirement lifestyle*. This did not mean becoming a totally new person, magically changed from Type A to Type B. No way. Now past day one, I am still gradually relaxing into having all this free time to get things done, have fun, and continue down my spiritual path, a path I have been on the last 30 some years. This includes a daily meditation and yoga practice, yoga classes at Yoga Focus, Reiki healing as part of my psychotherapy practice, and participation at the Lighthouse Center, Inc. The Lighthouse Center is a center for spiritual development in Whitmore Lake, founded by Chetana Catherine Florida, and under the spiritual guidance of Jain Master Gurudev Shree Chitrabhanuji. I am involved there with many activities the center has to offer as well as teaching meditation classes and presiding, for now, over the Board of Directors. The mission of the center is for "inner peace and peace in the world, as we practice meditation and Ahinsa (non-violence)," which includes a commitment to a vegan lifestyle.

Balancing Work and Play

> *Don't underestimate the value of Doing Nothing, of just going along, listening to all the things you can't hear, and not bothering.*
>
> – from *Pooh's Little Instruction Book* by A. A. Milne

Whether we are retired or not, we all have a need for structure (i.e., The List) and the need for lack of structure (Play). When some people think of retirement, they get uneasy or anxious about all the time they will have on their hands. Yes, it's nice not to be in rush hour traffic every morning, but what to do with all that free time? We often get a glimpse of this when we're on vacation and start to feel uneasy without a schedule. Some people then schedule up every free minute of vacation and come back home not refreshed or rejuvenated at all. The same can happen with retirement — staying so busy, or even busier than we were when we were working. One of my good friends warned me of this, insisting that I would be busier than ever. This may be especially true for all of us Type A's. You know who you are: competitive, ambitious, highly organized, managing time down to the minute, perfectionistic (some would say "workaholic"), impatient, easily irritated, and stressed out when things don't go your way. For Type A's, I recommend building some play time into each day of retirement. I also recommend an occasional "Goof-Off Day," during which not a single productive thing is done. I stumbled upon my first "Goof-Off Day" about three months into retirement; one day I just did not feel like doing anything, certainly not anything off The List. I ended up goofing off, reading, answering emails, doing some Reiki, seeing a patient, even doing a load of laundry (clearly not all goofing off, but then again, this was just my first attempt at it).

There I was in my jammies at a very civilized 9:00 a.m., eating my Clif bar and ready to do what I, as a good Type A, had been longing to do for months: make a list of things to do.

Now, Type B people already have learned this lesson, the value of doing nothing. Type B's are laid back, creative, and flexible, working steadily but not obsessively. They don't mind waiting their turn in line and can sometimes seem to be procrastinating. They are less concerned than Type A's about deadlines. For Type

B's, retirement may be easier to adapt to. On the other hand, they may worry about becoming too easy going or lazy, or not accomplishing anything. Also, in our breakneck culture, Type B's might feel they aren't keeping up with the pace, and when they retire, they may worry even more.

Rat Race or Snail's Pace?

Our already fast paced culture just keeps getting faster. How much more can be crammed into every day? How many texts, emails, phone calls, and even face-to-face encounters can we handle along with all the work, outside interests and obligations, and tasks of maintaining our lifestyles? We all know about burnout and feeling overwhelmed. Retirement is sometimes seen as an oasis, a refuge from all this frenzy. But one can easily carry his or her habits of speed at all costs right on into retirement. Do we want to continue with a rat race or go in search of a snail's pace? Or end up somewhere in-between? There are some cries in the wilderness about slowing down: downshifting, the Slow Movement, living simply. In fact, there is an American tradition of slowing down, beginning perhaps with Henry David Thoreau, in *Walden*. He proposed and lived out two principles: self-reliance and simplicity, both economic and spiritual, which he detailed in his two-year sojourn at Walden Pond.

Downshifting is a strategy for moving toward a simpler life. Moving out of the rat race of obsessive materialism, perfectionism, and stress. Finding a balance between work and play. Slowing down the pace of life by becoming more conscious of one's actions and choices. Choosing what is meaningful, breaking the work-and-spend cycle, decreasing wasteful spending and accumulation. Must we all strive to be King Midas? How important really is collecting more and more things? Do these things make us happy? No.

The Slow Movement is a cultural philosophy advocating a slower pace of life. Carl Honore's 2004 book, *In Praise of Slowness: Challenging the Cult of Speed*, first explored how the Slow philosophy might be applied in every field of human endeavor. Honore compares a Slow lifestyle with a fast one:

> Fast is busy, controlling, aggressive, hurried, analytical, stressed, superficial, impatient, active, quantity-over-quality. Slow is the opposite: calm, careful, receptive, still, intuitive, unhurried, patient, reflective, quality-over-quantity…. The Slow philosophy can be summed up in a single word: balance. Be fast when it makes sense to be fast, and be slow when slowness is called for. Seek to live at what musicians call the "tempo giusto" — the right speed.

Whether we are retired or not, we all have a need for structure (i.e., The List) and the need for lack of structure (Play).

Simple living encompasses various voluntary practices to simplify one's lifestyle. There is a long tradition of living simply in both the West and the East: Diogenes in Greece, Francis of Assisi, Albert Schweitzer, Thoreau, the Amish, the Quakers, Lao Tzu, Buddha, the Jains, Gandhi. Whether on a spiritual or secular basis, living simply involves being satisfied with what we need rather than what we want. We don't have to become ascetic to start living more simply. We can begin with steps like these:

- Decreasing the number of possessions, by, for example, clearing out the basement.
- Choosing quality more, quantity less: Do I need this book, this computer app, this new outfit, this hectic schedule?
- Balancing work and play.
- Going with the flow.

Going With the Flow

"Do what you want, when you want to." "Just go with the flow," they say. This is easy to say, hard to do. There is the illusion that once retired, with all the attendant pressures, deadlines, and expectations from the full time job gone, one can naturally just do whatever one wants to, whenever. Just like that. What I am discovering, however, is that a lifetime of internalized pressures, deadlines, and expectations do not so easily retire.

Our already fast paced culture just keeps getting faster…. Retirement is sometimes seen as an oasis, a refuge from all this frenzy. But one can easily carry his or her habits of speed at all costs right on into retirement.

Going with the flow takes a conscious effort to gradually let go of these Type A habits and cultural expectations. I consciously make a daily exercise of balancing work and play, working with The List and going Off the Grid. Do I want to get things done this morning, or do I want to laze about? What is going with the flow anyway? What is the right thing to do, at any given moment?

In the *Tao Te Ching* (#15, translated by Stephen Mitchell), Lao Tzu asks:

> Do you have the patience to wait
> till your mud settles and the water is clear?
> Can you remain unmoving
> till the right action arises by itself?

Sometimes the right action arises easily. Going with the flow is good for work and play, for those unplanned moments that may "interfere" with the schedule, or transform it. Like the morning I woke up at 6:15, just in time to see Obama eulogizing Mandela at the memorial service in Soweto. Afterwards, I felt like writing about it. So I did. I hadn't written any poems for a long time, but this one just flowed:

Continued on page 32

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Every Day A New Adventure

Continued from page 31

Ubuntu

Ubuntu: I am because you are, he said
Looking out in the rain at the thousands
Who came to celebrate.
Across the globe we tuned in,
Watched and listened.
I am who I am because of you
You are who you are because of me
We are all in this together.
Mother and child,
Father and son,
Sisters and brothers,
All in this together.

As he in that cell all those years
Did not give up
Did hold on to faith in himself
And in his jailers
So we too hold on
Do not give up
Do not lose sight of the fact
That we define and are defined
By each other,
See and are seen
By each other
In our thoughts
Our words
Our actions
Our feelings toward each other.

We ride the wave of life together
Holding on
Through thick and thin.
We will find a way.
I am because you are.
You are because I am.
Ubuntu. Always.

Sometimes the right action is not at all clear. We get stuck, out of the flow. This is when a spiritual practice, such as meditation, prayer, contemplation comes in handy, helping us to find our way.

> ***What I am discovering, however, is that a lifetime of internalized pressures, deadlines, and expectations do not so easily retire.***

The Ultimate Goal of Retirement: Letting Go

As we each approach retirement, we may make plans for things we'd like to do, places we'd like to go. In western culture we are at once longing for retirement and afraid of it. Simone de Beauvoir put it this way: "Retirement may be looked upon either as a prolonged holiday or as a rejection, a being thrown on the scrap-heap." We long for a "prolonged holiday" of enjoyment and ease, without the responsibilities, pressures, and expectations of work and adult life in general, yet we are afraid of no longer having the status or meaning that are associated with them. C. G. Jung offers another view: "The first half of life is devoted to forming a healthy ego, the second half is going inward and letting go of it." We first form a healthy ego, which includes the responsibilities and achievements of adulthood, and then we allow ourselves to let all of that go — letting go of the ego as a transformation, an eventual preparation for death, the end of life. Regardless of one's religious or spiritual beliefs, we do all travel a path of gradual dissolution of the ego, the person we have become, to the person we will be on our last day. This occurs physically, whether we want it to or not, but it also occurs emotionally, cognitively, and spiritually. In all these spheres we still have choices we can make: whether to work to maintain our physical health or become a couch potato, exercise our mind or let it drift, withdraw from others or keep up family and social connections, follow a spiritual path or not.

So we can think of retirement as a new platform, a time in our lives to launch ourselves every day on a new adventure that will bring us sooner or later to going with the flow, and letting go.

> ***Regardless of one's religious or spiritual beliefs, we do all travel a path of gradual dissolution of the ego, the person we have become, to the person we will be on our last day.***

Dr. Nirmala Nancy Hanke is a practicing psychiatrist and psychotherapist, and she recently retired as medical director at Monroe Community Mental Health Authority. She has a private practice in Whitmore Lake for psychiatry, meditative psychotherapy, and Reiki healing. She has been meditating the last 30-odd years, first in the Zen tradition, and the last 20 years in the Jain mantra tradition. She teaches introductory and advanced meditation classes at the Lighthouse Center (where she is President of its Board of Directors) based upon Chitrabhanuji's Jaina teachings, including The Psychology of Enlightenment: Meditations on the Seven Energy Centers. *She can be reached at (734) 645-2188; for more information on the Lighthouse Center, see lighthousecenterinc.org.*

Sustainable Health

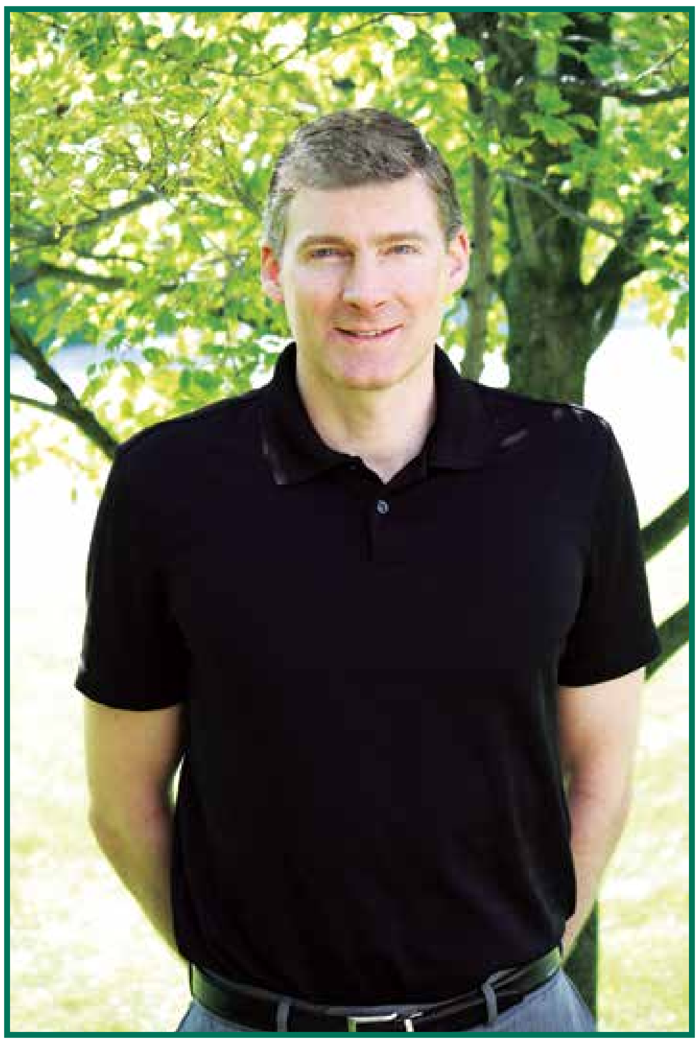
Healing with Nutrition — Real Food is Real Medicine

By Dr. Darren Schmidt

For many years now, reports have shown that the American medical system could be doing more harm than good. One study even found that conventional medicine was the *leading* cause of death in the United States. It's also impacting Americans financially. For many years, it has been the biggest cause of personal bankruptcy.

My purpose in life is to help reverse this by bankrupting drug companies by getting lots of sick people well.

While a chiropractic student, I went to two seminars a month for two years outside of school. I was searching for what heals a person's body quickly, effectively, permanently, and at the lowest cost. At one particular seminar, I "got it" when the speaker explained how a nutritional deficiency causes a symptom. *Ah-ha! That's why Americans are so sick*, I thought.



Now as a chiropractor who focuses on nutrition, I do what the body needs to get healthy. I find the cause of the problem and fix that. This is the proper way to address long-term health problems rather than trying to erase symptoms with chemicals, which is what our conventional medical community does. Medications are needed to save lives after trauma and in emergency rooms, but for a condition that lasts more than three months or a non-life threatening condition, nutrition is the best tool to get rid of it. Ideally, all of us would do a little bit every day to improve our health, so there would be a large buffer between ourselves and disease.

At one particular seminar, I "got it" when the speaker explained how a nutritional deficiency causes a symptom. Ah-ha! *That's why Americans are so sick*, I thought.

Getting rid of symptoms is actually an easy thing to do with nutrition. It's also easy with medications. But it's the rebuilding and correcting of the body's tissue that determines your future health. Using pills to manipulate how our body functions is the current state of disease and symptom care. Working *with* the body to help it heal is the smarter approach.

When you feed the body the nutrients it wants, it starts to heal itself. The body is always trying to heal itself. It doesn't heal when there are barriers present. When we remove these barriers, we improve function. Barriers include toxins or the deficiency of nutrients.

We want to help the body *function* the way it was designed.

Proper *functioning* leads to less stress, less inflammation, less immune challenges, and less toxicity. Happiness is a result of being able to cope and adapt to the world without breaking down. What we are trying to establish or re-establish with nutritional healing is functionality.

What we do is investigate: we look for what the body is doing compared to what it is designed to do. We look for the barriers to recovery, for the breakdown in function, and then we look for the quickest path back to proper function. The body was designed to be healthy and be able to *adapt* to the stress it encounters in life — whether that stress be chemical, emotional, or structural. Any breakdown in function breaks down our adaptability. And *adaptation* to the stress we encounter in life is our truest measure of immunity.

We are feeding bodies, and they feel better without drugs.

We are feeding bodies, and they feel better without drugs. Take depression for instance. Conventional healthcare uses drugs to treat it, but there are dozens of causes of depression that may be alleviated with nutrition. Depression has lifted when we've added whole food B vitamins, fed the heart Hawthorne (an herb), eliminated sugar, added vitamin D, added red meat to the diet, or stopped soy. Usually, there is not just one cure but rather a combination of new choices that allows the body to function better.

This pattern is true for basically all conditions. We have stopped allergies by restoring proper organ functioning. Here are some examples of what has worked: using fenugreek (an herb), cleaning out the liver with supplements, using detoxifying footbaths, getting rid of parasites in the sinuses, stopping dairy in the diet, or eating dried radishes. We have fixed the function of the heart by clearing out arteries with whole food vitamin C, low carb diets, increasing or adding healthy fats to the diet, eliminating parasites, or supplementing iodine. Symptoms that go away include heaviness of the extremities, heartburn, fatigue, depression, high blood pressure, and swelling.

Using pills to manipulate how our body functions is the current state of disease and symptom care. Working *with* the body to help it heal is the smarter approach.

There are many ways to potentially return the body to proper functioning. Knowing what to use, in the right order, for the right amount of time, is where a good doctor's expertise lies. Below are three subjects in natural healthcare that make a huge difference in how the body functions.

Salt is essential to have in your diet. However, there are two kinds of salt — refined table salt and unrefined natural salt. In table salt, all the nutrients have been removed and aluminum has been added, which has been linked to imbalances and disruptions in normal body functions. Real, unrefined salt contains over 80 minerals. It is highly nutritious and has been known to lower blood pressure. It is essential to eat unrefined salt regularly.

Unrefined sea salt can actually reduce blood pressure. When shopping, it's good to understand labeling. For instance, reverse osmosis and distilled water are "de-ionized," which means there are no minerals left. In other words, the life has been taken out of that water. Ions, electrolytes, minerals, and unrefined salt equal life, so drink good filtered water that has minerals, and even add healthy salt if you want.

We look for the barriers to recovery, for the breakdown in function, and then we look for the quickest path back to proper function.

Another key nutrient that helps improve and maintain health is iodine. Iodine is one of the most fascinating, intelligent, powerful, and sometimes finicky nutrients I have worked with. When your body is replete (filled up) with iodine, it blocks the poisonous elements bromine, chlorine, and fluorine. You can get iodine from ocean fish, seaweed, and iodine pills. I have seen it raise I.Q., add muscular strength, increase endurance, increase happiness, and cause weight loss.

The third key subject is herbs. Herbs make your body smarter and positively affect your DNA. When you eat "only nutrition" — like fats, proteins, and carbohydrates — without herbs and spices, think of the nutrients as just "sitting there." It has been proven that herbs direct nutrients to go to different places throughout the body, like a traffic cop. Herbs also get into our DNA to make changes. The field of study is called epigenetics. Native Americans had access to and used hundreds or thousands of herbs in the wild. We seem to only have two herbs: ketchup and catsup. Use more variety!

Nutrition is a crucial part of healthy living. To decrease our reliance on the medical system, it is important to work daily at improving health. If you don't, your body will experience the consequences, and others will be happy to take charge of your future. Spend money on good food and supplements now or pay insurmountable medical expenses later. Take the smart approach and work *with* the body to help it heal and function at its best each day.

Darren Schmidt has been in practice since 1997. He is a chiropractor who specializes in nutrition. He has specialized training as an advanced trained practitioner and teacher of Nutrition Response Testing. In 2000, he opened The Nutritional Healing Center in Ann Arbor, which is located at 3610 W. Liberty Road, 48103. For more information visit, www.thenutritionalhealingcenter.com or call (734) 302-7575.

Namaste, Roshani!

Whether you're a seasoned yogi or getting ready to roll out your mat for the first time, you'll find a variety of tips from local yoga instructor, Roshani Adhikary.

Namaste, Roshani,
Thank God, April showers are over! Or are they? After months of sulking from the excessive snow and rain we experienced this year, I find that my shoulders are caving forward and my heart is still feeling heavy. Even though the sunshine is uplifting, my body doesn't seem to be aligned with the positive shift in my inner emotions. What would you recommend I add into my regular routine?

I look forward to hearing from you,
Jocelynn C., Ann Arbor

Dear Jocelynn,
Are we paddling the same boat? After reading your question, it sure feels like it. Trust me, you are not alone. When your body is out of sync with your emotions, it feels like having one foot stuck knee-deep in a puddle with galoshes, with the other one free and ready to roam in flip-flops! It seems that every year, we Michiganders approach this initial change in the seasons with much trepidation — scared to get fully excited because we're so fearful the weather may take a turn for the worse. Enjoy the sunshine while it lasts!

To help you with your at-home practice, here is my favorite winter-to-spring Asana: Camel Pose. Break out your short-shorts and get ready to open your heart! Placing your knees, shins, and feet on your mat, come up to a kneeling position, with knees about hip-width distance. As you inhale, lift your right arm and rotate it all the way back, so you can place your right palm on the sole of your right foot. Stay here for a few moments and exhale. Then, inhale your opposite left arm all the way back and place your left palm on the sole of your left foot. Really activate your glutes, your core, and your quadriceps. Roll your shoulder blades close together, feel your heart opening up. If your neck allows it, try dangling your head and keep your gaze backwards. Keep thrusting your pelvic area forward and stay strong in your core. Hold for just a few breaths or else you may run the risk of feeling light-headed. Rest in Child's Pose afterwards.

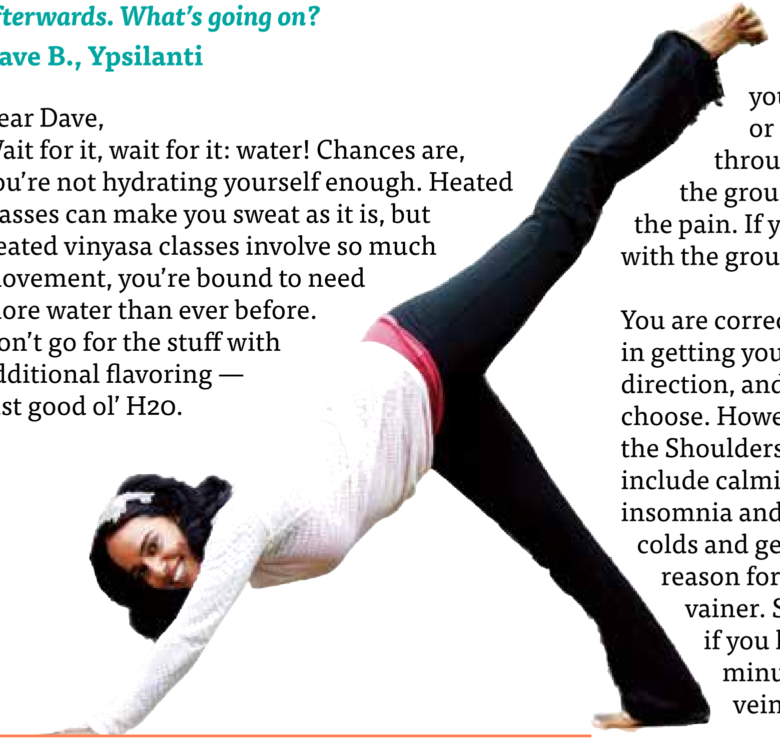
If your knees experience any discomfort, make sure you double-up on your mat to provide extra cushioning. If you're still developing flexibility and are unable to go back that far, try curling your toes and propping up your heels. You can use your fingertips to reach back to your heels. Most importantly, if you have had any low-back issues, place your palms on your sacrum with your fingers pointing toward the ground. Aim to roll your shoulder blades close together, but avoid a deep back-bend. Gaze up to the skies, but don't go all the way back with the crown of your head.

Whichever variation you choose is sure to leave you feeling lighter and more open for the new season! Chances are your posture will also look and feel a bit taller.

Namaste, Roshani,
I started hot vinyasa yoga classes two weeks ago and I love them! The only thing is, while I feel energized during the classes, I feel totally depleted afterwards. What's going on?

Dave B., Ypsilanti

Dear Dave,
Wait for it, wait for it: water! Chances are, you're not hydrating yourself enough. Heated classes can make you sweat as it is, but heated vinyasa classes involve so much movement, you're bound to need more water than ever before. Don't go for the stuff with additional flavoring — just good ol' H2O.



Roshani Adhikary is a certified yoga instructor teaching in the Ann Arbor/Saline area. Visit crazywisdomjournal.com to send her your queries. To contact Roshani, email her at roshani734@gmail.com.

Namaste, Roshani,
I'm having a really hard time believing that the Shoulderstand is the "Queen of all Asanas." I find that it hurts my neck, and I don't see the purpose of getting into a full Shoulderstand when postures like Candlestick still get my blood flowing in the opposite direction. Can you please explain to me why so many instructors include this posture as a "must" in their classes?

Rebecca J., Saline

Dear Rebecca,
Inversions like the Shoulderstand can be a bit tricky at first. To begin, I suggest you try a supported Shoulderstand. Place two or three folded blankets neatly underneath your shoulder. Tuck them so that they're just at the base of the nape of your neck. This slight elevation should provide a soft cushion for your shoulder, but more importantly, offer your neck a bit of wiggle room. When in a Shoulderstand, you always want to have both your shoulders and the crown of your head pressing into the ground — never your neck. If you're practicing at home, have a friend or family member try gliding their palm through that gap between your neck and the ground. If there is no gap, that explains the pain. If your neck is making direct contact with the ground, you're not in proper form.

You are correct that Candlestick is also effective in getting your blood flowing in the opposite direction, and a less complicated posture to choose. However, most yoga instructors encourage the Shoulderstand for its myriad benefits. These include calming the nervous system, easing insomnia and fatigue, and eliminating common colds and general nasal issues. My personal reason for practicing the Shoulderstand is a bit vainer. Scientific studies have proven that if you hold Shoulderstand for just three minutes a day, you can avoid varicose veins!

At the end of the day, your yoga practice is a very personal matter. Should you find that even with the blankets or other props (Iyengar classes offer variations with a chair and strap), you still don't like Shoulderstand, you don't have to hop to it every practice. Find what works for you and enjoy your yoga journey every step of the way.

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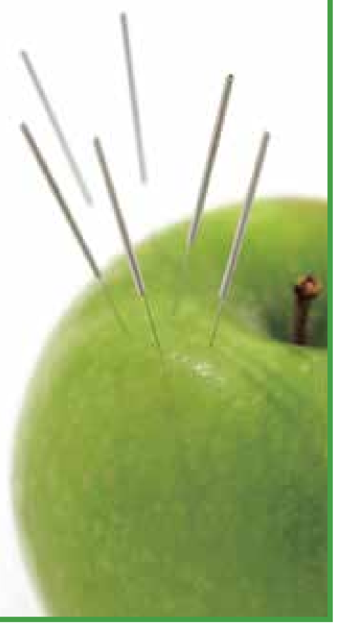


An Interview with Heather Glidden on the Gyrotonic® Method

Heather Glidden, age 33, is the co-owner of the recently opened Gyrotonic Tree Town & Pilates Loft Studio, located on East Washington Street in downtown Ann Arbor. A dancer since the age of 10, Heather's passion for movement and desire to become a better dancer led her to discover the Gyrotonic method, a unique system that works the entire body through fluid and rhythmic motions. Heather is also a Life Coach and Massage Therapist and incorporates elements of both to help clients reach their goals and improve their overall wellness. She has lived in Ann Arbor for 10 years with her husband and now three dogs.

***Bill Zirinsky:** Heather, what is the derivation of the word "Gyrotonic"? What does it stand for, or mean?*

Heather Glidden: The Gyrotonic method was developed by a man named Juliu Horvath, a former dancer whose career ended as a result of several debilitating injuries. In his search for healing, he discovered the circular and wavelike movements that eventually became the Gyrotonic system. Using these movements, he was able to rejuvenate his injured body, so he called his healing movement system "Gyrotonic" — gyro meaning circle and tonic meaning healing.

***Bill Zirinsky:** Is Gyrotonic a movement therapy modality, or an exercise modality, or a form of dance, or what?*

> **The movements are flowing, rhythmic, and playful. They look like a combination of dance, swimming, and Tai Chi. They are built around fundamental spinal motions: arch, curl, spiral, side bend, and wave.**

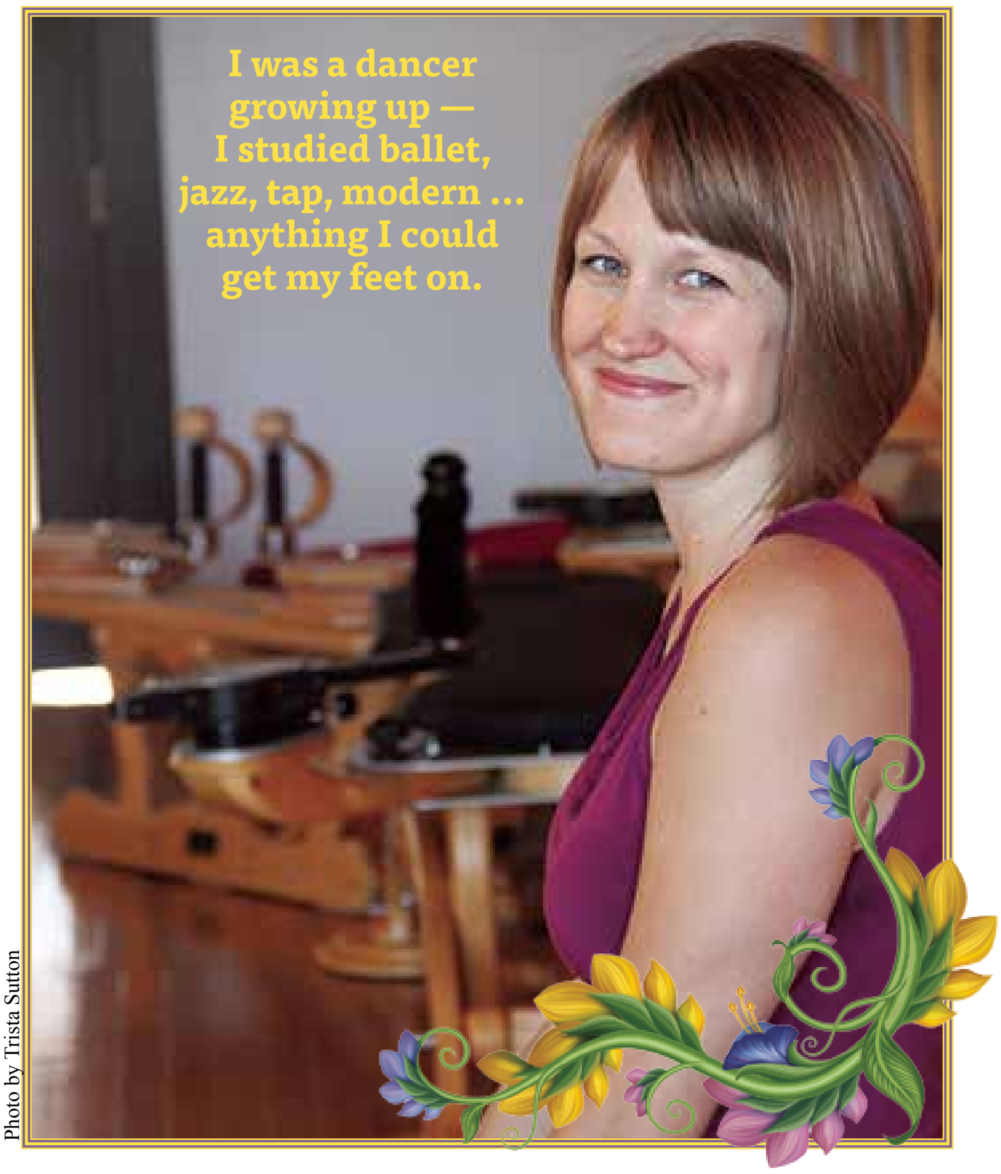
Heather Glidden: Juliu calls the Gyrotonic method "The Art of Exercising and Beyond." It incorporates exercise, therapeutic movement, and meditation, as well as artistry and expression. Most people come to it for only one or two of those aspects at first. The system is very flexible so it can be adapted for people with a wide range of goals. For example, I've had a number of clients who have come to me initially for post-rehab therapeutic work. We did very slow, gentle work to start. As they became stronger, they transitioned into doing more challenging and fitness-oriented workouts. Some of them have also gone on to explore more of the esoteric aspects of the work, such as meditation and energetic awakening.

***Bill Zirinsky:** I know that it is difficult to convey experiential movement and bodywork. Even so, can you try to describe to our readers what Gyrotonic is, what it consists of, and what kind of movements or exercises or stretches it encompasses?*

Heather Glidden: The movements are flowing, rhythmic, and playful. They look like a combination of dance, swimming, and Tai Chi. They are built around fundamental spinal motions: arch, curl, spiral, side bend, and wave. Many of them look like movements that you might see in nature, such as a cat stretching or a long blade of grass blowing in the wind. As practitioners become familiar with the Gyrotonic movements, the experience of doing a workout is like a moving meditation.

In Gyrotonic sessions we use a large piece of equipment called the Gyrotonic tower. Sessions are generally either private lessons or duets (lessons with two people). The equipment is designed to support and guide the body fluidly through the exercises in a way that allows for decompression of the joints and release of tension held in the soft tissues. It may also be used to add resistance to exercises, both to stretch and strengthen the muscles. The goal of Gyrotonic movements is to create a balanced structure, allowing freedom of movement in every direction at every joint while simultaneously creating the strength to support that range of motion.

There is also a version of the movement called Gyrokinesis, which one practices while seated on stools, on the floor, and standing. We generally practice Gyrokinesis in group classes. The movements are based on the same principles and look similar to the movements practiced on the Gyrotonic tower. Gyrokinesis classes follow a regular format so that over time, students can learn the format, allowing them more freedom to explore the effects of the movement in their own bodies. The rhythmic nature of the movement makes it really fun to practice in a group. As the students start to learn the movements and breath patterns, a supportive feeling develops by among the group from practicing those patterns together. My experience of Gyrokinesis classes is that they bring a deep sense of peace and joy to participants.



I was a dancer growing up — I studied ballet, jazz, tap, modern … anything I could get my feet on.

Photo by Trista Sutton

***BZ:** What do you love about Gyrotonic?*

Heather: The aspect of Gyrotonic that I love the most is that there is always something more to learn, something deeper to explore. The system is endlessly layered so that every time I master one lesson, I discover a deeper mystery. Some of the learning comes from working with other people, but a lot of it comes from learning more about myself — about my own body, mind, and spirit. Beyond that, the movement feels great to practice, not only physically but also mentally and emotionally. I feel like I have so much more freedom in my life as a result of my Gyrotonic practice.

***BZ:** Where were you raised, Heather? Where did you go to college?*

Heather: I grew up in Fort Collins, Colorado, and went to college at a small liberal arts school called Grinnell College, in Iowa.

***BZ:** What brought you to Ann Arbor, and when?*

Heather: I met my husband in college, and we started dating during our senior year. He was born and raised in Ann Arbor, so after we graduated, we decided to move here. Originally, we had only planned to live here for a year — I wanted to move somewhere with warmer winters — but I sort of fell in love with it. We've been here for 10 years now, and I feel like it has been such an amazing home for us.

***BZ:** When you were young, were you into dance and movement or gymnastics or other activities like those?*

Heather: I was a dancer growing up — I studied ballet, jazz, tap, modern … anything I could get my feet on. But in my teen years, I began having severe abdominal pain that went unexplained for a long time and caused me to give up dance.

***BZ:** Could you have predicted as a teenager that you might end up doing work in a field like Gyrotonic?*

Heather: Due to my abdominal pain, I didn't foresee myself in any field that involved movement. Looking back now, I can see how my experience with debilitating pain, combined with my love of movement, offered me the perfect preparation for the work that I do now.

***BZ:** Tell us about your path to Pilates. I know you started with Pilates at a very young age.*

> **The intention of the Gyrotonic system is to move and stimulate every part and system of the body (muscular, skeletal, nervous, energetic, and so on) so that the whole organism can have a greater expression of life. In essence, the goal is to be more alive.**

Continued on page 36

Heather Glidden on the Gyrotonic® Method

Photo by Joni Strickfaden

Continued from page 35

> **As practitioners become familiar with the Gyrotonic movements, the experience of doing a workout is like a moving meditation.**

Heather: My favorite dance teacher got me hooked on Pilates when I was about ten. She told me that practicing Pilates would make me a better dancer. At that age I would do pretty much anything to be a better dancer — from taking French to playing a musical instrument — so when she promised that Pilates would make me a better dancer, I did it.

***BZ:** You told me that you didn't get the "feeling" from Pilates that you saw other people getting, and that you wanted that feeling. Can you say more about that?*

Heather: Taking Pilates as a young dancer, I didn't really understand the intention of the movement at that point. I was just doing what my teacher told me to do, but I did notice that after class my fellow dancers talked about feeling great — "longer," "lighter," like they were "walking on air." They didn't just say it; I could see it in their faces. They felt better after class. I didn't get that feeling from Pilates, but it looked great so I wanted to experience it. The first time I walked out of a Gyrokinesis class, I thought, *Ah, that's the feeling I was looking for!* The class felt like getting a moving massage and afterwards I was left with a lovely feeling of freedom and expansiveness in my body. That's how I got hooked on the Gyrotonic system.

***BZ:** And then how did Pilates take you to Gyrotonic? Tell us about your path to your current career.*

After I graduated from college with a dance degree, I really didn't know what to do with myself. I started doing a Pilates teacher training program thinking that maybe I could make a little extra income in the evenings. As I trained, I realized that people teach Pilates full-time, so that became my goal.

At that time, I kept hearing about Gyrotonic and seeing the equipment in the center where I did my Pilates training. I read articles about it, and it looked fascinating. That was what led me to try out my first Gyrokinesis class. By the end of that class, I knew I wanted to do the Gyrokinesis teacher training. At first I taught both Pilates and Gyrotonic, but my passion has always been more with the Gyrotonic work, and I eased away from teaching Pilates as soon as I had built up enough Gyrotonic clients to sustain me.

***BZ:** "Movement as an expression of life," is an expression you used in describing Gyrotonic to me. Can you elaborate?*

Heather: Movement is a fundamental sign that we are alive — movement of breath, the pumping of the heart to circulate blood. Thus when an area of the body becomes blocked and is unable to move, it is stagnant, less alive. The intention of the Gyrotonic system is to move and stimulate every part and system of the body (muscular, skeletal, nervous, energetic, and so on) so that the whole organism can have a greater expression of life. In essence, the goal is to be more alive.

***BZ:** What is the process for certification as a Gyrotonic instructor?*

Heather: Gyrotonic certification involves four courses and an apprenticeship totaling about 200 hours of study. The process generally takes about a year to complete. Gyrokinesis certification requires a similar but separate process. After completing certification, most Gyrotonic instructors go on to study more specialized topics to deepen their knowledge. I generally take about 150 to 200 hours per year of continuing education courses to deepen my understanding of the work.

***BZ:** And approximately how many Gyrotonic instructors are there around the country?*

Heather: I'm not sure how many there are in the U.S. There are about 4,000 instructors currently active worldwide.

***BZ:** You went to massage school, too, correct? And how do you incorporate that into your work?*

Heather: Yes, I completed the program at the Ann Arbor Institute for Massage Therapy in 2010. Much of the work that I do with clients is therapeutic in nature, and my massage training gives me another tool to help get my clients moving. If someone comes in with a sore neck or tweaked back, I might put them on the massage table before we start moving so that they'll feel better right away when they do start moving. Or if they've had chronic restriction in an area that isn't releasing with movement, then I might use some massage techniques to help free up tension.

***BZ:** Do you still bring Pilates into your work?*

Heather: Yes, I do occasionally. I try to approach each client with fresh eyes every day, and sometimes Pilates exercises are a better match for where a client is at on a given day than Gyrotonic exercises.

***BZ:** You've recently opened a new studio. Tell us about what you're intending for it. And who have you gone into partnership with? What kinds of individual sessions, classes, and workshops will your new studio be offering?*

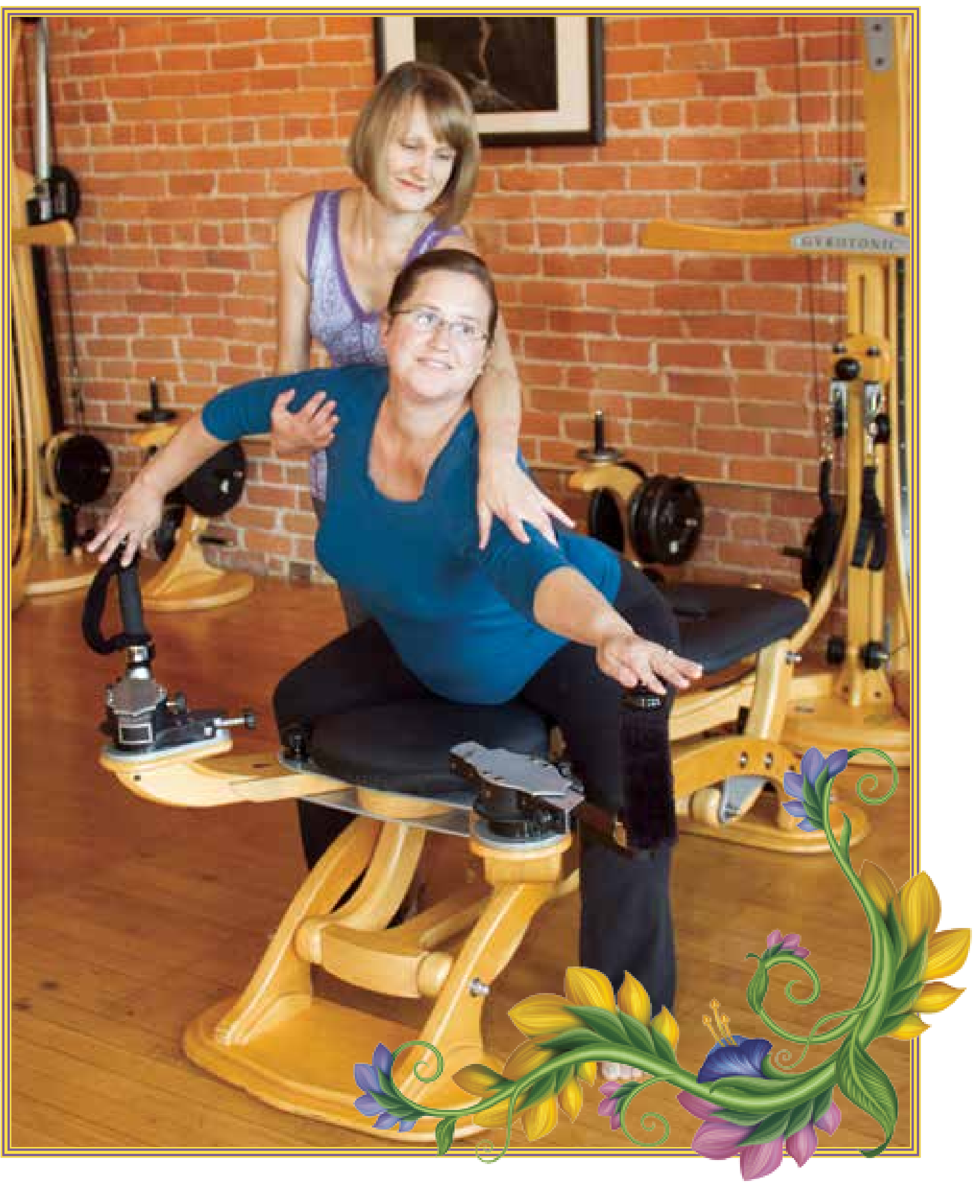


Photo by Joni Strickfaden

Heather: My former studio, Willow Wellness Studio, has recently evolved into a new one. I've moved to a gorgeous loft space on the third floor of the Blue Tractor Brewery building in downtown Ann Arbor and combined studios with Tamara Aprea at Pilates Loft to form one big new studio called "Gyrotonic Tree Town & Pilates Loft Studio." I am really excited for this new chapter in my studio's life both because of our gorgeous new space and because it gives me an opportunity to work with a lot of great people. I'm also excited to have a partner with whom to share the job of running the studio. I enjoy creating a studio space, but it is a lot of work, and sometimes it's hard to balance management with teaching. I'm looking forward to having a partner so we can share the job of management and continue to grow the studio together. To me, working in partnership is an important symbolic step that I hope to see reflected more often in the larger world. So this is one way I can cultivate that value with my business.

Our new studio has a total of nine instructors and offers individual and group Pilates and Gyrotonic classes as well as yoga. We have a massage therapist offering services out of our space as well. We also offer Gyrotonic and Pilates teacher training courses. Beyond that, we are currently developing weekend workshops organized around specific topics pertaining to fitness and well-being.

***BZ:** What do you like least about your work?*

Heather: The administrative aspects of my job — emailing, organizing schedules, and making phone calls — are the parts that I would love to wave a magic wand and make disappear.

***BZ:** You are a Life Coach, as well? How does that help you in your work?*

Yes, I am. As with massage and Pilates, I generally don't offer isolated coaching sessions. Instead I use it as another tool in my Gyrotonic teaching. I don't use every tool in every session, but sometimes one seems more appropriate than another. For example, if I have a client who comes in with a lot of neck and shoulder tension, we might start out with Gyrotonic movements that release the neck and shoulders while strengthening the spine to offer more support to that area. If that isn't effective, then I might try using some massage techniques to release the tension. If, after several sessions, the client finds that the tension continues to return, then I might use coaching inquiry techniques to help the client explore what aspects of her life might be causing the tension and how she might be able to shift those situations.

> **The first time I walked out of a Gyrokinesis class, I thought, Ah, that's the feeling I was looking for! The class felt like getting a moving massage, and afterwards, I was left with a lovely feeling of freedom and expansiveness in my body.**

***BZ:** Tell us about your spectrum of patients.*

Heather: My clients come from a wide variety of backgrounds — I have worked with people from ages 7 to 87, from those needing therapeutic work to professional-level athletes and dancers. I really enjoy working with high performers who come in many stripes. My definition of "high performer" is anyone who is dedicated enough to show up to their lesson fully present and ready to really see where they can go every week. They are people who don't set limits for themselves. Professional dancers and athletes fall into this category, but I have also found that a lot of people who are facing chronic pain or injury are a part of this group — it takes tremendous courage to continue engaging with your body when it hurts all the time. A lot of my clients came to me originally because they were trying to avoid having surgery, they were rehabbing after surgery, or they just wanted to be able to exercise but hadn't been able to without injury. The most gratifying part of my work is seeing people who were once afraid of moving discover that they can have freedom and joy in it again.

I am also a Gyrotonic and Gyrokinesis pre-trainer, which means that I can conduct the first part of the teacher training. I am excited to be able to share this method that I am passionate about with new practitioners.

***BZ:** Is your work used as an adjunct to physical therapy or chiropractic or osteopathy or surgery, or other healing and medical modalities?*

Heather: Absolutely. My work is not a replacement for any of these modalities, but it works well alongside them, and I have collaborated with a number of other medical professionals, both traditional and alternative, to help my clients realize their wellness goals.

***BZ:** Please share with us a few anecdotes about situations in which Gyrotonic has really made a difference to a client or patient of yours.*

I have one client who is a dancer who had a foot injury that makes it difficult for her to even walk now. The Gyrokinesis movements that we do on the stool and on the floor give her the feeling of dancing without putting weight on her feet. She is a beautiful mover, and it always makes me so happy to see that she is still able to dance in this way.

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I have another client who came in with severe tightness in his hips. His initial goals were to be able to put his own socks on and to sit on a horse again. He worked really hard and not only accomplished those goals within just a few months, but also reached the point where he could do a trail ride on a horse. Our big goal this summer has been to improve his golf game, and he has been coming in every week reporting better scores, so I think we're making good progress.

Most of my clients, though, are more like my professor client who came in with severe back pain and weakness. In that case, the progress is slow and steady and can be tracked over the years that she has been taking lessons. When she first started, she had trouble lifting her children and going up and down stairs without experiencing a major flare-up of back pain. Now she can travel with her children, lifting luggage and sitting in awkward airplane seats, without any significant flare-up. This isn't an overnight improvement, but the difference between now and when she started is dramatic and has had a big impact on her quality of life.

***BZ:** Anything else you'd like to be sure to tell us about?*

Heather: Oh, I think I'm already over on my word count, so we'll leave it with this.

***BZ:** Thanks, Heather.*

Heather: Thank you!

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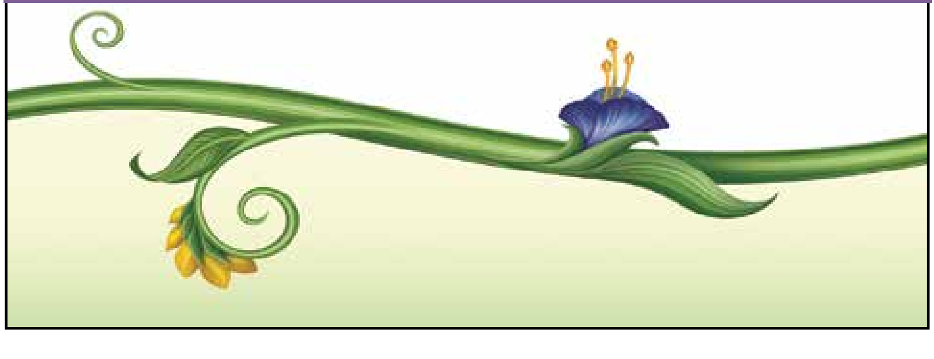

Practicing from the Heart:

Lawyers as Peacemakers, Problem Solvers, and Healers of Conflict

By Angie Martell ◊ Photos by Deborah Marcero

We are all at a tipping point. We are grappling with how to be ourselves, how to find meaning and happiness in our lives, and how to find balance in a very complex world. We meditate, practice yoga, eat healthy, and search for alternative healing methods and for our spirit's true nature. We often encounter crossroads where we must make difficult decisions, take new directions, or consider uncomfortable choices. Yet when it comes to legal matters — like setting up a business, getting a divorce, or seeking advice about what legal rights we have — do we need to resort to "traditional" legal solutions, or are others available? Is it possible to have a more comprehensive and positive approach to solving legal issues that benefits us in mind, body, and spirit? The answer is yes; we have the ability to guide our lives in a way that is exactly right for us.

As a lawyer, I have realized that we need to shift the mindset from the old realities into a more natural and spiritual way of relating to the nature of law and people. The old worldview of how things have always been done doesn't work. Many have declared the legal system "broken," citing the time, money, effort, and unforeseen emotional costs of traditional litigation. Moreover, the general experience of litigants has been negative as they exit the process often worse off than when they entered it. Lawyers too are unhappy with the way the system functions; industry studies show widespread job dissatisfaction and stress-related health problems. Like many other practitioners and businesses, some lawyers are starting to explore applying holistic approaches to the practice of law by looking at legal solutions with a different lens, changing the discourse, and transforming the practice of law from an adversarial practice to a more preventive and collaborative one. The holistic approach focuses on the whole person and the whole problem in order to find more healthy and sustainable legal solutions.

The holistic approach focuses on the whole person and the whole problem in order to find more healthy and sustainable legal solutions.

I have been a lawyer for over two decades. I started my legal career as a civil rights attorney. I grew up Puerto Rican, the daughter of two deaf parents, and poor. I was no stranger to discrimination and struggle, and I believed that change could only happen by fighting in an adversarial way. Initially, I became a lawyer to battle inequality and the draconian and adversarial notions of law. However, early in my career, the legal training I received seemed to be at odds with and antithetical to the person I was and am, and I couldn't find a balance.

I grew up Puerto Rican, the daughter of two deaf parents, and poor. I was no stranger to discrimination and struggle, and I believed that change could only happen by fighting in an adversarial way.

As lawyers we are trained in a retributive philosophical way. The law is viewed as hierarchical, adversarial, and punitive, and it is guided by codified laws and written rules and procedures. Its power is vertical, and decision-making is left to a few. We are taught that we can rationalize any position or state of affairs no matter how outrageous, indecent, or unjust, and that we should suppress our emotions and personal experiences as we assimilate into the legal profession. Yet this very notion robs lawyers and our clients of our diverse identities. It forces us to compartmentalize our clients' problems, overlook their inner experiences, and respond primarily to the external facts of their "legal" situations. It contributes to missed opportunities to settle cases and leads to contracts that do not reflect the real intention of the parties.

As a lawyer, I have realized that we need to shift the mindset from the old realities into a more natural and spiritual way of relating to the nature of law and people.

Recognizing Opportunity in Conflict

Early in my legal career, I represented a gay minister who had just come out to his parish after 16 years of ministering and was subsequently fired. From my perspective as a civil rights lawyer, it was a great trial case of discrimination on the basis of sexual orientation (a protected class in the state I was practicing). I was elated to try this case and set precedent. What the client wanted was not a trial or a large settlement but a holistic healing ceremony with his parish, an apology, and the ability to move forward with respect and dignity. I learned that for him it was about community. He wanted to resolve the conflict in a manner that was good for everyone and not simply focused on the win. That day, I realized that being a good lawyer is about being a healer, peacemaker, and problem solver. I realized that law could be practiced differently and that this true change would bring a new vision. The new vision involved finding a way to humanize the law through a holistic, solution-based approach.

Not coincidentally, I went back and explored my Taíno Indian (native Puerto Rican) roots. Similar to many Native American practices, I was drawn to the model of an indigenous circle of justice that seeks to connect on a continuum everyone involved with a problem and makes paramount healing and reintegrating individuals into the community. The center of the circle represents the entire process — from disclosure to problems, solutions, making amends, and restoring relationships — by using methods and principles of healing and living in harmony with nature and those around us. This view shows us that there is a deep connection between justice and spirituality and that harmony and balance are essential to this path.

Holistic Law

Holistic law practitioners see conflicts as opportunities for growth. We often look inward to become whole ourselves in order to best assist our clients in using the legal process to find wholeness. Holistic law is "big picture" thinking or consideration and analysis of circumstances beyond the obvious issue. It looks at the lawyer's role, the client's role in the problem and solution, and the impact of the problem and solution on the community. Instead of starting with what happened, it focuses on what is happening now. It emphasizes the difference between thought and mindfulness. In mindfulness, we realize that we are all part of something far beyond our individual life situations. By tapping into this broader reality, we develop true understanding and compassion for others, even those we had previously "blamed" for our current legal situations.

It is about looking at legal solutions with a different lens. Not every legal problem is the same. Not every client is the same. As a lawyer, "If the hammer is your only tool in your box, then every problem begins to look like a nail." We are seeing a paradigm shift in the framework of our beliefs, in what the legal profession should be and what the role of the law should be, and in the tools we have in our box.

The umbrella of holistic law is broad and multifaceted. It can encompass various tenets — the power of forgiveness, mindfulness, civility, thought and conflict resolution, and transformative and therapeutic jurisprudence. It calls for lawyers to listen intentionally and deeply in order to gain a complete understanding of a client's issues; to acknowledge the opportunity in conflict; to honor and respect the dignity and integrity of each individual; to encourage compassion, reconciliation, healing, forgiveness, and letting go, and, most important, to enjoy the practice of law.

> ***This view shows us that there is a deep connection between justice and spirituality and that harmony and balance are essential to this path.***

In my practice, I may consult or involve other professionals (non-legal for the most part) who can help my clients navigate the emotional or financial issues they face, either during the case or after the case, so that they can bring their best self to the process. Often times it is the additional outside factors that can impact a legal case. Clients may need support from professionals such as life coaches, therapists, bodywork and energy healers, mediators, financial specialists, and child specialists. Since compassion is also the cornerstone of this practice, it's about encouraging clients to see that all legal challenges are intimately connected with fundamental issues about the meaning of life and that specific problems are invariably dealt with better from a broader perspective.

Holistic Law in Practice

In the area of family law and divorce, a holistic approach entails looking at issues with an eye to the future and finding common ground with parties. Just because couples are divorcing does not mean that the family ends. We engage in a dialogue about letting go of blame and identifying what they need, rather than what they think they may want. We often find support from other professions.

In Michigan, a party can obtain a divorce without the consent of the other as long as he or she meets the residency and domicile requirements and there is no pregnancy. For many clients this is difficult because within six months that individual more than likely will be divorced. It may be hard for him or her to deal with the range of emotions (disappointment, anger, hurt, betrayal, sadness, fear, and loss) he or she may feel. Studies have shown that how a couple conducts themselves during divorce has a far greater impact on the children than the act of divorcing itself.

Preparing for a divorce can be confusing and frightening. It's like moving to a strange country where you don't speak the language, don't understand the customs, and the conditions are harsh. Generally, in a traditional divorce, two lawyers hash it out in a court of law. Parties have very little direct contact with each other, and what little interactions they do have are bitter or unproductive. In a holistic approach, the parties can come together either in a collaborative process or participate in a traditional process with an early mediation. They can discuss how to protect their rights and move forward without fighting fire with fire or unnecessary acrimony. I find that most parties don't want a nasty divorce but just aren't sure how to work out issues or communicate with each other.

> ***Generally, in a traditional divorce, two lawyers hash it out in a court of law.... [In a holistic approach, the parties] can discuss how to protect their rights and move forward without fighting fire with fire or unnecessary acrimony.***

I had a client who still loved her husband of over 20 years and wasn't ready to let go. She didn't understand why he wanted the divorce. She did not want the divorce and felt he wasn't very communicative with her. She had adult children with him and was in her fifties. Both parties acknowledged that they would probably be in each other's lives because they were awaiting the birth of their first grandchild. They didn't know how to move forward. He felt guilt, and she felt anger and depression. When he finally admitted why he wanted the divorce — another woman — she fell apart and had a hard time participating in the divorce process. She needed support and, in a holistic practice, she got it. She started going to yoga and meditation classes, received help with health insurance coverage, and went to support groups. Six months later she was in a better place emotionally and felt prepared to accept the Judgment of Divorce.

In criminal law, it can mean working compassionately with clients, especially indigent clients, and being aware that the problems and challenges they face stretch further than the confines of the case before them. It can mean providing them with assistance, or, in a restorative justice approach, it could be a process that supports the community healing from the crime, and rather than punishment, the healing of the victims, community, and even the offender. Its processes seek to reconnect people as human beings through a web of connections that offers support and accountability.

In business law, it's about creating holistic business strategies that allow business owners to develop entirely new mindsets and beliefs about their companies and their roles within them. The new strategies empower them to more fully understand the ins/outs of the product/service offering so that they can focus on serving their markets instead of the stock market and reconnect company success with social progress.

Creating the Change and Being the Change

In all areas of law, a revolution is currently underway that is being generated by both clients and attorneys to change the nature of how the law is used and how it operates. More and more people want control over their lives and want to find solutions that are more journey-orientated rather than destination-based. They are planting the seeds with the belief that problems can and should be resolved not with confrontation and game-playing, but with care, awareness, and collaboration. I believe that in order to change how we practice law, we have to adopt a different mindset — not just thinking outside the box but ultimately getting rid of the box. It's about learning to be a peacekeeper, not an adversary. The nominal winner is often the real loser — in fees, expenses, and time. "Lawyers as peacekeepers" means being part of a process and approach that can make a positive difference in the lives of clients and measuring our own lives not by the number of breaths we take, but by the moments that take our breath away. I am an optimist who believes that we have the ability to change how we practice law. All we need to do is start. In starting, so must the law change. I believe positive change is on the horizon, and since law is the foundation of societal structures, then transforming the law could indeed transform the world.

Angie Martell is an attorney and mediator with the law firm Iglesia Martell in Ann Arbor. She has a general practice that specializes in holistic law, divorce and family law, mediation, criminal defense, estate planning and elder law, LGBT issues, business law, and employee rights. She is also a Reiki master and lives on a farm called Fluffy Bottom Farm with her wife, her two children, and a llama named Dalai. She can be reached at (734) 369-2331 and by web at www.iglesiamartell.com.

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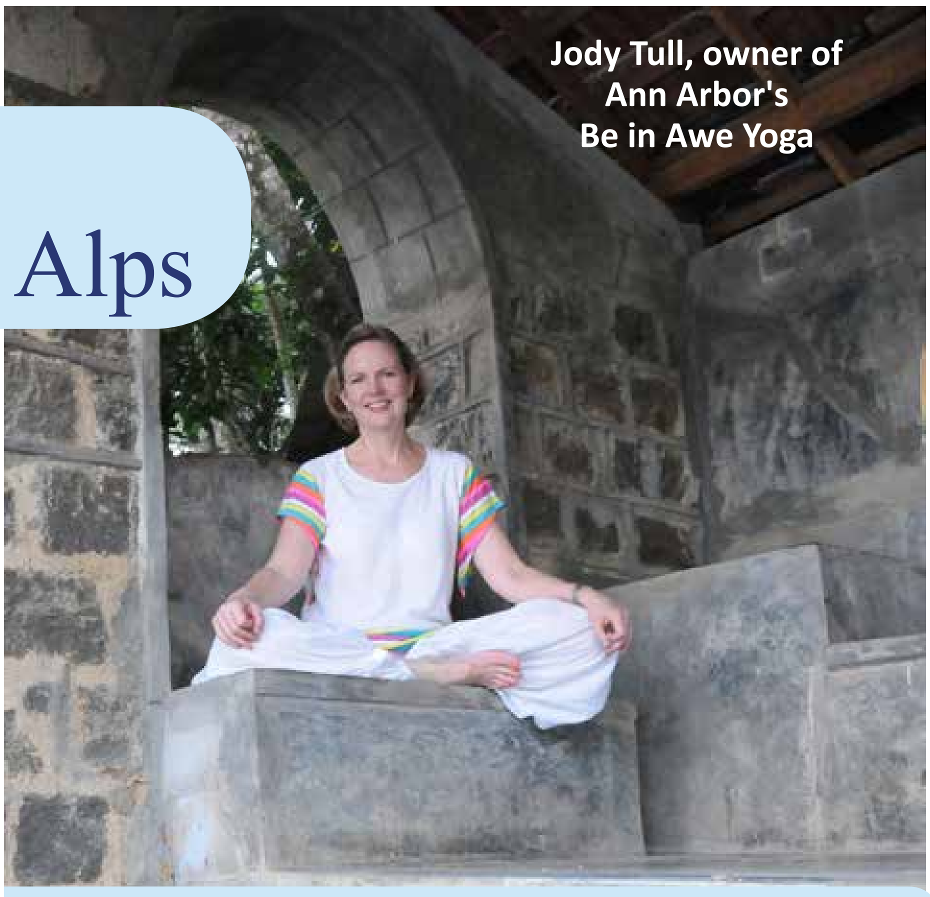
Conscious Travel

Yoga and Cultural Connection in the Swiss Alps

Jody Tull, owner of Ann Arbor's Be in Awe Yoga, recently led her ninth yoga retreat in Soglio, Switzerland, just an hour's walk from the Italian border. She answers questions about the retreat and what it's like practicing yoga in a foreign country.

Interviewed by Julianne Popovec


Jody Tull, owner of Ann Arbor's Be in Awe Yoga

Q. How did the Soglio retreat come about?

A. In the heart of Switzerland's mountainous Bregaglia district lies Soglio, a small farming village built by my husband Rupert's ancestors, more than 1,000 years ago. For Rupert, sharing Soglio with me was a dream come true. For me, in turn, sharing Soglio with yoga students is a dream come true.

My first thought after entering its majestic field was: *Somehow, someday, I will share this place with beloved yoga students.*

I am convinced that we should not question the birthing of such an idea. Instead, its call to action orchestrates life, magically. Listening and honoring — with reverence — is at the core of yoga and offers life pathways and purpose.

My initial glimpse into Soglio was a silhouette against the majestic backdrop of Alpine mountain peaks piercing a deep blue sky. Its energetic vibrancy gave me goose bumps. I was in awe — thus the name Be In Awe — and keenly aware of my bursting resolve: *I will bring yoga students to Soglio one day.*

Rupert's response, "You couldn't possibly do that," provided me with an inner, *Hmmmmm... give me two years.*

So it happened. Yoga students, mostly from Ann Arbor, gathered in 2004 for our first welcome dinner. And, due to popular demand, we have served the same welcome menu for each of the eight years (you'll have to join us to find out what it is).

… We meditate and stretch, breathing in life, deepening a connection with the earth and to the sun while magnifying and resting in Soglio's shimmering beauty.

Q. What is it like, practicing yoga in Soglio?

A. Sometimes we've chosen to use the yoga meditation studio, a converted hayloft in the village center. But mostly, yoga mats are arranged in a field, where we meditate and stretch, breathing in life, deepening a connection with the earth and to the sun while magnifying and resting in Soglio's shimmering beauty.

Morning practices prepare us for late morning hikes that take us through resonant tunnels carved through the rock, fun for singing, chanting, and improvisation, to waterfall-fed swimming holes, which are wonderful for refreshing dips. We sometimes hike to Italian market villages with their handmade, take-home treasures, ancient ruins, lovely little meadows with breathtaking views, local grottos, gelateria, cafés, and Roman roads used until the 1800s for herding sheep, goats, and cows.

Evening practices shake out any lingering tightness from the day's hike-swimming, with time for the sharing of insights, adventures and transformations — in preparation for a good night's sleep.

My first thought after entering Soglio's majestic field was: *Somehow, someday, I will share this place with beloved yoga students.*

During our fifth yoga retreat (2009), local farmer Felix Bruegger, in addressing our group, offered a brilliant explanation for Soglio's unmistakable field of radiance: "We farmers have always used organic methods and ancient farming rotation techniques (using our hands versus machinery), while embracing and prioritizing this philosophy of looking after each other and the animals with kindness."

This ever-present attitude of kindness permeates the village. It explains Soglio's exceptional goat cheese, scrumptious raw milk, and a line of gorgeous strictly pure Soglio products made exclusively from local plants and herbs.

One more element that enhances our yoga practice is Soglio's light. The unique and exquisite lighting results from the way in which the sun enters and exits the village each day — truly something to behold. Soglio is frequented by artists and photographers from around the globe who come for the light.

Q. How have the retreats evolved over the years?

A. The first couple of years, most attendees were Be In Awe yoga students from Ann Arbor. By year three, we were also welcoming yogis from Germany, Holland, England, Belgium, and India. Some travel solo, some with a partner, daughter or friend, and some have traveled in a group. Some have time enough just for the retreat. Others tag on a week for exploring Milan, Lake Como, St. Moritz, or Zurich. All talk about the "gotta get myself there" call, coupled with having had to muster up courage, at least for the first year. Each year, we have around half the group who have returned for a second or third time. They really welcome, look after, and generate loads of excitement for first time attendees. Each has a story to share from a previous year, such as a hike, class, meditation, meal, and so on. This builds year after year and is really so rewarding to observe.

Q. Where do you stay?

A. We've mostly stayed in a gorgeous old house that is over 700 years old. Typically Swiss in how it's masterfully equipped and brilliantly restored, with beautiful and varied views, the house is comfortable and indicative of the region — with the kitchen and adjoining balcony wonderful for gathering. Some participants specify single rooms. But, on their next year return, each (without exception) has preferred sharing a room, from which many (and there are many) "roaring with laughter" moments and many tearful moments have ensued — all essential in finding one's way home and sharing that home inside friendship.

Morning practices prepare us for late morning hikes that take us through resonant tunnels carved through the rock, fun for singing, chanting, and improvisation…

Q. What do you appreciate about the culture?

A. The pace of daily life for the locals unfolds with connection to the sunrise and sunset. They work hard and then, *basta*, they call it a day. Stone benches provide gathering places for sharing news of the day, while admiring the changing tones of bright orange against the darkening blue sky.

To drink the fresh unpasteurized milk, to catch a morning whiff of baking bread and then partake while it is still warm and slathered with freshly churned butter, to savor the taste and texture of the day's collection of eggs and to fill up on the world's best-ever fresh goat cheese — all of this epitomizes the very heart of "buying local."

Year-round residents, whose clans have lived in Soglio for hundreds of years, radiate the beauty of their surroundings. Machines, internet connections, and other ways of modern life are relegated to second place. Instead, the people of Soglio connect with and tune in to nature, the angle of the sun, the current season. They listen to Mother Earth.

Q. How can yoga enhance your connection to a place and culture in a way that might be different than if you just traveled to the location, not on a yoga retreat?

A. Yoga enhances the senses, so you are much more aware of the sights and sounds and smells and textures around you. The experience of sitting down to meditate in a pre-dawn dark meadow, and opening your eyes to a fresh new sunrise, is bliss absolute. The values of organic farming, fresh air, mountain views, and the outdoor life are perfectly matched to the health generating practice of yoga.

It's completely enriching to arrive in a new location with a purpose, rather than just as an observer. The yoga element means that you are surrounded by like-minded people; many deep friendships have been forged among Soglio participants. The local way of life is diametrically opposite to the frenzied, smart-phone driven rat race found in so much of the world.

The people of Soglio enjoy life for itself.

> It's completely enriching to arrive in a new location with a purpose, rather than just as an observer. The yoga element means that you are surrounded by like-minded people; many deep friendships have been forged among Soglio participants.

Q. What are some cultural differences you've observed?

A. Soglio is at the meeting point of two cultures — Swiss and Italian. The Swiss are reserved, thoughtful, and meticulous. They are not afraid to invest time and money to do something the right and wise way, so it will serve generations to come. They appreciate healthy hard work, nourishing food, activity, and relaxation. The Italians are exuberant, full of color, creativity, and fun. They come to life in the evening. The Swiss have finished their day's work before some Italians rise from their beds. Both regions have natural beauty and stunning architecture, in different ways. One of many joys in Soglio is experiencing the influence of both cultures. The Italian border is only an hour's walk from Soglio.

Q. What is the food like?

A. Alan Harmer and Rupert de Salis are chefs extraordinaire and receive rave reviews. The meals are always fresh and vegetarian, using mostly local ingredients with exquisite presentation, and Italian and Indian influences. Each year Alan brings fresh herbs from his garden in Geneva, along with his homemade quince jam and top secret ingredients for his best ever homemade ice-cream.

Q. What do you hope your guests discover on these retreats?

A. Awe. Gratitude. Best of life friendship — most especially with oneself. A relaxing energized flow to the day. A deeper and gentler understanding of the intention of yoga as a listening practice that reveals inner stirrings and wisdom. To discover and experience a way of life that prioritizes non-violence, gentleness, and kindness — especially directed toward oneself. Noticing and remembering just how good it feels to be comfortably at home, inside one's own self and sharing that ease with others.

Q. What effects does practicing yoga in a foreign location have on travelers mentally, spiritually, and physically?

A. Travel is stimulating. It takes you away from the concerns of daily life. It heightens your awareness of everything, especially that which is new and different. A change of climate, food, and daily routines, and being surrounded by wonderful, like-minded people does wonders for your mood and outlook on life. Soglio, in particular, has a special magic. I wish I could just whisk people there, to experience the extraordinary sunlight, views, smells, sounds and textures — like the sound of water splashing into fountains as you fall asleep. What a backdrop for practicing yoga and meditation!

Q. Have you faced any challenges in leading a retreat abroad?

A. Yes! The main challenge is to convey to people who haven't yet joined us just how transforming it is to practice yoga in Soglio. Early on, my students suggested that my raves about Soglio were me just being "all enthusiastic." But, after experiencing Soglio first hand, they come home and recruit their colleagues, friends, and relatives. Most people who have joined us in Soglio have come because of a referral.

Q. How have things changed from the first Soglio retreat to the latest one?

A. Each year we discover a new gem of a hike, picnic meadow, or singing tunnel. Our list is now so long that choosing the walks, meadows, and menus for that year can be a fun kind of challenge.

> One more element that enhances our yoga practice is Soglio's light. The unique and exquisite lighting results from the way in which the sun enters and exits the village each day — truly something to behold.

Q. Jody, how long have you been practicing yoga?

A. I happened into the Sivandanda Yoga Center in the mid-1980s while working toward my master's degree in Music Education at Columbia University. The swami in charge of the yoga center offered me unlimited yoga classes in exchange for voice lessons. This lovely opportunity was the launch of my yoga practice and the beginning of the popular course I teach called "Finding Your Voice." These workshops are powerfully transformational, guiding students into experiencing the healing capacity of music with the healing capacity of yoga.

> Soglio, in particular, has a special magic. I wish I could just whisk people there, to experience the extraordinary sunlight, views, smells, sounds and textures — like the sound of water splashing into fountains as you fall asleep. What a backdrop for practicing yoga and meditation!

Q. What made you want to become a teacher?

A. I fell in love with how alive, open, and energized yoga made me feel. I wanted to share the experience of that feeling with all my loved ones. More than anything, I hope to be a force for good and provide a place of calm in our frantic world. My yoga practice — ultimately a meditation practice — puts me in touch with, and reveals to me, my best self.

Inside the energy field of Soglio, yoga participants effortlessly connect with the source of their breath and the great outdoors. Facilitating that connection in others is extremely rewarding.

If, as it was intended by ancient sages, every world citizen engaged in a daily meditative yoga-like practice, we would, more and more, resonate a peaceful and beautiful — Soglio-like — world.

Jody Tull received her master's degree in education from Columbia University and lives in Ann Arbor. She is a certified therapeutic yoga instructor with 18 years of teaching experience. Her work combines classical full spectrum yoga, the philosophy of yoga, meditative hatha yoga, and the yoga of sound, called "Finding Your Voice." Weekly yoga classes and relaxation treatments are held at the Be In Awe Yoga Studio *in Ann Arbor. Visit www.beinaweyoga.com or contact Jody at jody@beinawe.com.*

For more information about the 2014 Soglio Retreat, taking place from August 10 – 15, visit beinaweyoga.com/services/yoga-retreats-europe-soglio-switzerland/

Joan and Will Weber's JOURNEYS International: *Exploring the World, Expanding the Soul*

By Rachel Urist

JOURNEYS is the oldest family-owned global eco-tourism company in the U.S. It offers safaris, treks, eco-tours, and cultural exploration on every continent, including Antarctica.

When Joan and Will Weber founded JOURNEYS International 35 years ago, the term "eco-tourism" did not exist. Today the Ann Arbor company is widely lauded for its environmental consciousness and its meticulous planning. National Geographic's *Adventure* magazine ranked JOURNEYS International among the best adventure travel companies on earth and set JOURNEYS on its list of top ten tour operators. The list was whittled down from hundreds of travel operations, and included among the judges' criteria were: educational components, sustainability, and quality of service. National Geographic's *Traveler* magazine listed JOURNEYS trips to Burma and Ladakh as "tours of a lifetime." *Condé Nast Traveler* awarded JOURNEYS the "Top Travel Specialist" designation for eight consecutive years, and awarded it the Best Green Travel Outfitter honor. JOURNEYS now offers more than 175 trips to 57 destinations around the globe.

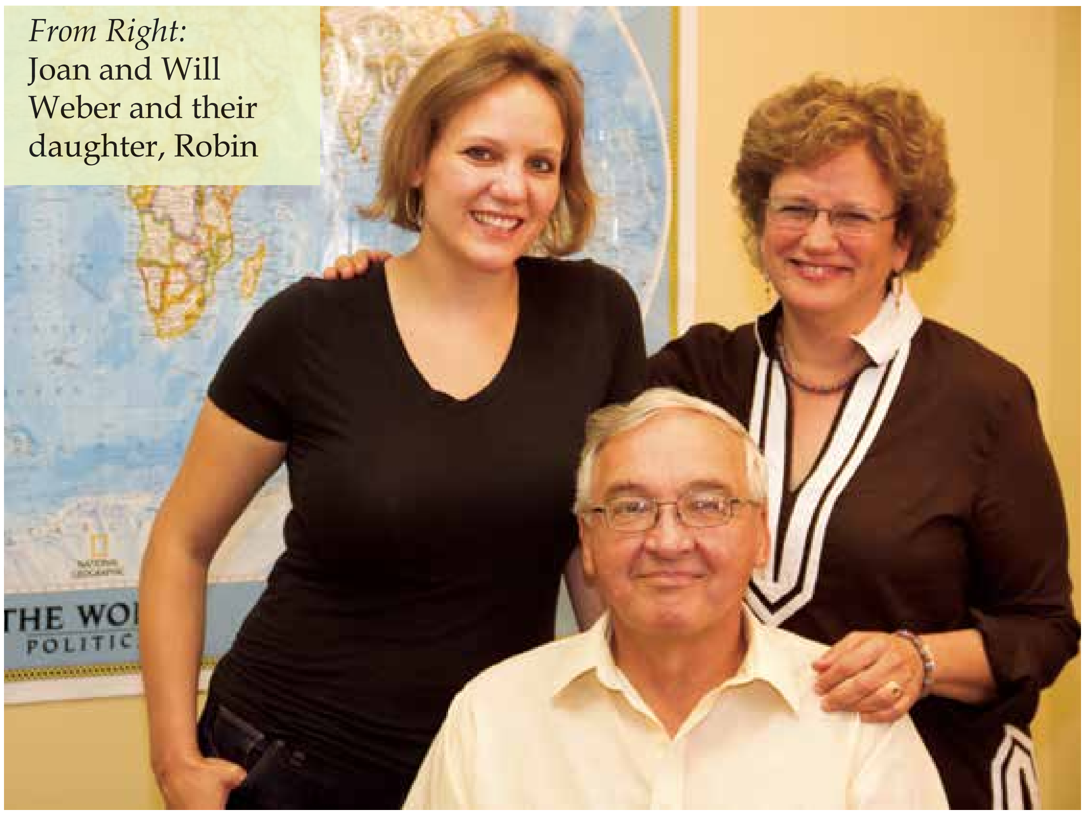
JOURNEYS is the oldest family-owned global eco-tourism company in the U.S. It offers safaris, treks, eco-tours, and cultural exploration on every continent, including Antarctica. In the early years of the company, the Webers established the Earth Preservation Fund (EPF), a non-profit that helps fund initiatives generated by local staffs in various countries. EPF supports sustainable agriculture and promotes other green projects. JOURNEYS has attracted a loyal clientele. At the recent JOURNEYS Jamboree, a weekend-long celebration of the company's 35th anniversary, JOURNEYS travelers, along with many international guides, gathered in Ann Arbor from around the world. Travel alumni wore badges that included the number of trips they had taken with JOURNEYS. One couple's badges bore the number 49. The weekend was like a family reunion. Even outsiders who attended events open to the public felt embraced by the family feeling. Those public events were a storytelling evening at the Michigan Theater and an afternoon "Travel Forum," which featured a keynote address by Will Weber and an assortment of sessions with staff and international partners.

The Webers were pioneers in the environmental movement. They met at Earth Day's inaugural event, in 1970, in Madison, Wisconsin. Will had just completed his undergraduate work there and was among the event's organizers. Joan was a volunteer. She had just arrived from Mount Holyoke College in Massachusetts to spend a semester at Wisconsin. After attending a meeting that Will ran, she was smitten. Soon after, he joined the Peace Corps, and taught math and science in Nepal for two years. Joan completed her bachelor's at Mt. Holyoke, earned a master's in education at the University of Pennsylvania, and taught school in Boston. But the die was cast. In 1974, she visited him in Nepal. He had extended his stay with the Peace Corps and was developing programs for Nepal's nascent National Parks Service. He also helped train the Peace Corps group assigned to work in the Conservation Office. Joan stayed and taught English for six months. The following year, they married.

They arrived in Ann Arbor soon after, as doctoral students at the University of Michigan. Will was in natural resources, Joan in psychology and education. While in graduate school, they shared stories and photos of Nepal with friends. In 1978, these friends decided to visit Nepal themselves. Will and Joan looked at their friends' itinerary and said: "Just buy us tickets, and we'll show you Nepal. It will cost you less." Their friends agreed, and the rest is history. By the time Will completed his doctorate, in 1980, JOURNEYS was his full-time work.

When Joan and Will Weber founded JOURNEYS International 35 years ago, the term "eco-tourism" did not exist.

For their inaugural tour as leaders, they wrote ahead for a *sirdar*, a head guide, the one who would be in charge of the trek's logistics. Upon arrival in Kathmandu, they found a note saying: "Sorry, I wasn't able to get you a staff person." Will and Joan quickly sized up the situation. He went off to find a guide, while Joan took the group, on rented bikes, on a tour through Kathmandu. Will headed for the shopping area, the most likely place to find a guide. People go there to buy climbing and camping gear. He found a crowd in rapt attention, listening to a man who had just returned from a dire climbing expedition. The man, a born storyteller, had been a sherpa for that expedition, and he described a night from hell. When the weather turned bad, he and a fellow sherpa hacked a bivouac for their clients, then pitched a tent for themselves. During the night, when the storyteller went outside to pee,

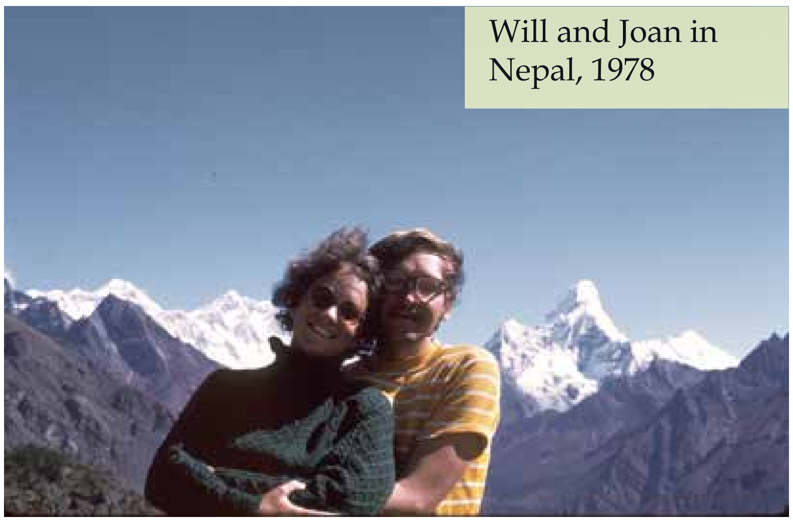


From Right: Joan and Will Weber and their daughter, Robin

The JOURNEYS staff outside of the Ann Arbor headquarters

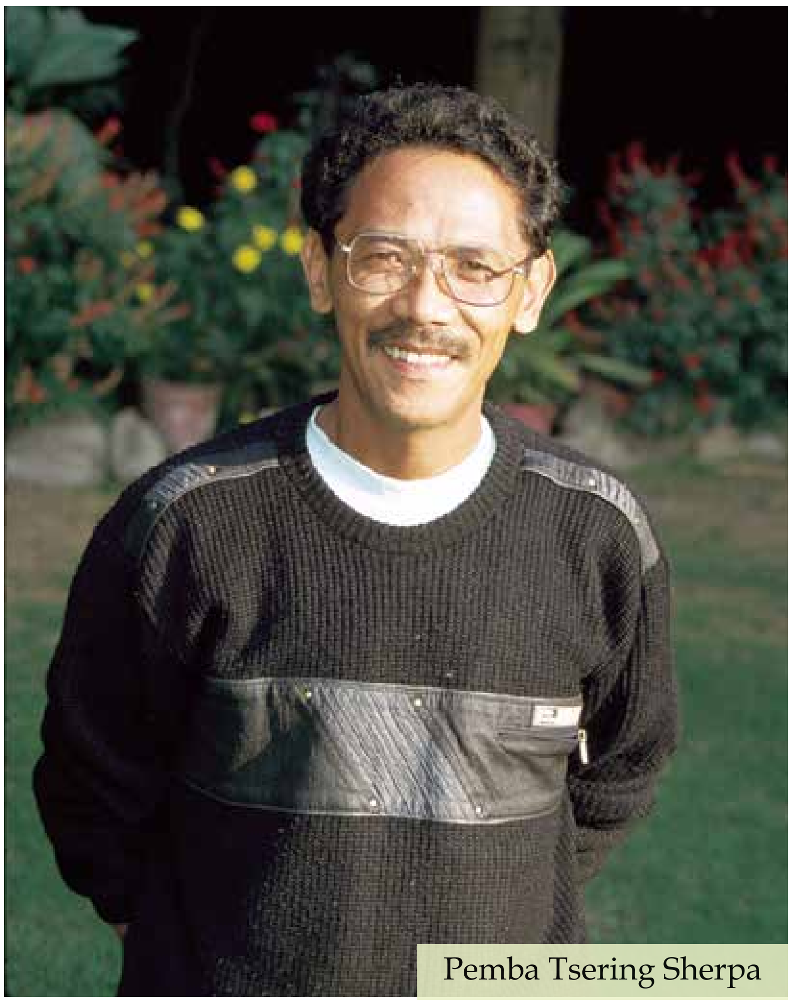
JOURNEYS
WORLDWIDE NATURE AND CULTURE EXPLORATION

PHOTOS ON LEFT BY JONI STRICKFADEN



Will and Joan in Nepal, 1978

Will and Pemba; "The early days."



Pemba Tsering Sherpa

he heard the rumbling of an avalanche. It swept him and his friend down the mountainside. They lost their shoes, but they kept their heads and survived. The close call, he said, had changed his calling. He would no longer work as a climbing sherpa. He would work in trekking.

> "Meeting Pemba," said Joan, "is JOURNEYS' creation story."

Will approached the man, and asked him to be the group's *sirdar.* The man, Pemba Tsering Sherpa, agreed. Will and Pemba hired two rickshaws, bought all the requisite supplies, and returned to Joan. The group set out the following day. They spent almost four weeks in the mountains of Chitwan National Park, during which Pemba served as cook, too. Every night they told stories. A friendship was forged. It grew stronger with time. Joan and Will learned that Pemba had been raised by a single mother who died when he was seven. They were out one day, collecting firewood on the mountainside, when she fell to her death before his eyes. Pemba's father, a trader, had died before Pemba was born.

Pemba's siblings were considerably older than he was. They sent him to live with relatives who treated him as a servant. At age 12, he ran away. He was smart, quick, and ambitious. He began working as a sherpa for European and Japanese expeditions. He quickly picked up several languages, including Japanese. He was sent to Japan to learn cooking. The Webers were increasingly impressed with Pemba, and this trip helped consolidate their own plans for the future. "Meeting Pemba," said Joan, "is JOURNEYS' creation story."

> The Webers were pioneers in the environmental movement. They met at Earth Day's inaugural event, in 1970, in Madison, Wisconsin.

For Pemba, meeting the Webers was a milestone in making his dreams come true. With their help, he set up the Kathmandu branch of JOURNEYS International. Over the years, the Weber and Sherpa families became more than friends; they were family. Their relationship speaks to the spiritual and personal journeys that are part and parcel of every JOURNEYS' tour. In Joan's words: "We are about building trust, about creating personal relationships." In the companionable matches they make in composing tour groups, in choosing native guides in each of the many countries it explores, JOURNEYS is interested in promoting friendships. Tours are orchestrated to help travelers learn about different cultures, traditions, customs, religions, ethnicities. The Webers are self-appointed ambassadors for understanding.

JOURNEYS also promotes harmony between people and the environment. Visitors explore geographical, botanical, and climate differences, along with political and economic circumstances that shape lives around the globe.

JOURNEYS' advances a Code of Ethics that outlines the Webers' criteria for respectful, environmentally-conscientious behavior. Travelers are encouraged to adopt this code, which is listed under three rubrics:

- **Vanish Without a Trace:** Minimize your impact on the environment.
- **Seize the Power of Your Experience:** Act directly to accomplish conservation.
- **Value Other Cultures:** Embrace diversity. Reverse missionary zeal.

Continued on page 44

Countries Roster of JOURNEYS International

- Albania
- Antarctica
- Arctic
- Argentina
- Australia
- Belize
- Benin
- Bhutan
- Bolivia
- Botswana
- Brazil
- Burkina-Faso
- Burma
- Cambodia
- Chile
- China
- Columbia
- Costa Rica
- Czech Republic
- Ecuador
- Egypt
- Ethiopia
- Galapagos
- Ghana
- Greece
- Greenland
- Guatemala
- Iceland
- India
- Indonesia
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- Morocco
- Myanmar
- Namibia
- Nepal
- New Zealand
- Nicaragua
- Panama
- Papua New Guinea
- Peru
- Rwanda
- Scotland
- South Africa
- Sri Lanka
- Tanzania
- Thailand
- Tibet
- Togo
- Tunisia
- Turkey
- Uganda
- Vietnam
- Zambia

First trek to Nepal in 1978

Indonesia

Japan

Costa Rica

Ecuador

In Joan's words: "We are about building trust, about creating personal relationships." In the companionable matches they make in composing tour groups, in choosing native guides in each of the many countries it explores, JOURNEYS is interested in promoting friendships. Tours are orchestrated to help travelers learn about different cultures, traditions, customs, religions, ethnicities. The Webers are self-appointed ambassadors for understanding.

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The code's axioms include:

- Aspire to invisibility; observe, but do not disturb natural systems.
- Do not collect natural souvenirs.
- Sense and emulate acceptable conversation volume and vigor. Don't overwhelm or intimidate your hosts.
- Observe all locally established rules and regulations for conduct.
- Remove packaging from items before leaving home.
- Bring and use biodegradable soaps and detergents.
- Conserve water.
- Do not build campfires in dry or protected areas.
- Leave no litter.
- Pick up litter left by others.
- Do not rely on remote local markets or village food supplies to outfit your trip. You can cause inflation and food shortages.
- Learn proper local etiquette.

My first visit to JOURNEYS' spacious suite of offices took me to the west side of town, off Jackson Road, near the string of car dealerships. Joan greeted me at the door and took me on a leisurely tour of the airy labyrinthine space, dotted throughout with travel artifacts. The walls are adorned with colorful photos, many oversize, and filled with faces I would soon recognize through Joan's stories.

It was a treat to sit with this trio and experience the easy give and take that is a hallmark of the Weber family.

An Earth Day Message from Joan and Will Weber

Every year, Joan and Will send out an Earth Day message. This one is from 2013.

Earth Day is special to us as founders of JOURNEYS. We met during preparations for the first Earth Day in the spring of 1970 in Madison, Wisconsin. Will was one of the campus organizers and Joan was a volunteer. Earth Day was an expression of our desire to help the planet, but we didn't know then exactly what form our eventual contribution would take.

After college we engaged the world through travel, Peace Corps, and grad school. We married and later led the first JOURNEYS trip to Nepal in 1978. Back then, the norm for Himalayan travel was the grand expedition with foreign leaders and imported comforts. When we decided to do things differently — to travel in a small group with local guides, to buy all supplies locally, to contribute to conservation efforts — we were inventing an "eco" tour, although the term didn't yet exist. It made so much sense to us. We decided to repeat our efforts elsewhere in Asia, Africa, and the Americas. We were gratified that others in the travel industry came to see things the same way.

Eco-tourism as a movement and strategy has been one of the environmental victories of the past four decades. From the Himalayas to the Andes, from the Amazon jungle to the rain forests of Africa, communities have found ways to sustain themselves by preserving rather than consuming their resources. It's a win-win-win for travelers, for their hosts, and for the planet.

We welcome your continuing partnership in this joyful and life-sustaining enterprise.

Happy Earth Day

Joan's combination of warmth and focus was impressive. A woman of natural grace and charm, she introduced me to each member of JOURNEYS' Ann Arbor staff, who stood, smiled, and shook my hand. The many shelves, some in free-standing cases dividing office spaces, held dolls, weavings, baskets, pottery, sculptures large and small, and framed mementos. Years of JOURNEYS' history come alive in these relics. I paused often to gaze at photos of native peoples in their colorful costumes. Often, members of the blond, blue-eyed Weber family gazed back at me from among the tableaux. After the tour, Joan relaxed with me, as though she had all the time in the world. Each time I met her, she wrapped herself in soft, woven scarves, evocations of her travels. Her stories, spontaneous and generous, were carefully selected and meticulously told. I soon appreciated that behind this smiling, gracious figure was a skilled academic.

On my second visit to JOURNEYS' headquarters, I met with Will, Joan, and their daughter, Robin, 31. In 2011, Robin earned her M.B.A. and announced that she wanted to return to Ann Arbor to work in the family business. Her parents were thrilled. She had been away from Ann Arbor for 12 years. During graduate school in DC, she worked part time for JOURNEYS. After graduation, she returned with her husband to Ann Arbor, where she has been easing her way into her new role as president of the company. Her parents, meanwhile, are "coasting into retirement," as Joan put it.

Joan & Will Weber

It was a treat to sit with this trio and experience the easy give and take that is a hallmark of the Weber family. Robin, who was, essentially, born into this family business, has traveled with her parents from age four. She has many fond memories of their journeys. She remembers a restaurant in Burma, where she announced to her parents: "I'm done with eating!" That was when she was fed up with unfamiliar grub and yearned for tastes of home. Remembering the days of traveling with their children, Will said: "Somehow we'd find a jar of peanut butter and Ritz crackers."

Robin was almost 16 (10th grade) and her brother, Noah, 10 (4th grade), when their parents took them out of school for a seven-month, ten-country tour of Asia. Initially, Robin was resistant to the trip. She did not relish the prospect of sharing a room with her brother and traveling only with her immediate family. "It was a challenge," she said. Today, she looks back on the trip with appreciation. She speculates that for her brother, the trip was less enchanting. People in other countries do not share the Western notion that it is impolite to stare — or to touch. In Vietnam, people thought it was good luck to reach out and touch Noah's flaxen hair. Robin also remembered a kid following her through the marketplace, once. The kid had never seen a Westerner before.

On that family trip, surrounded by Buddhists who lived their religion, Robin and Noah discovered what their parents long knew: religion and culture are inextricably linked for a huge swath of the world's population. "It motivated me to find my own place in Judaism," Robin said. Noah and Joan had similar feelings. At age 50, Joan started learning Hebrew. At 57, she had a Bat-Mitzvah. Will reported feeling more spiritual *before* he got involved in JOURNEYS. But for him, as for Joan and Robin, there is a deep emotional pull toward the places and people they have come to know. And he still enjoys his myriad travel memories. Given that he is fair, 6'4", and head and shoulders taller than most people in Southeast Asia, he, like his children, was a curiosity. He remembers waking up, during his Peace Corps days, to find kids staring at him through his window. They'd been watching him sleep.

My first visit to JOURNEYS' spacious suite of offices took me to the west side of town, off Jackson Road, near the string of car dealerships. Joan greeted me at the door and took me on a leisurely tour of the airy labyrinthine space, dotted throughout with travel artifacts.

As I marveled at the relaxed, collegial atmosphere among parents and child, I thought of a remark that Joan had made early in our acquaintance. "Our job," she said, "is to plan itineraries and keep travelers safe." The word "safety" came up many times. For me, the word conjured up wild animals. After all, JOURNEYS' brochures include beautiful photos of lions, hippos, rhinos, snakes, monkeys, and poisonous frogs — in addition to smiling human faces of all hues, some on the backs of camels, elephants, donkeys, and horses. Asked whether my wild animals association to dangers was on the mark, the Webers laughed. "Safari safety is not something we worry about!" She explained that on a driving safari, "animals know that no one in vehicles will threaten them. In those kinds of parks, you don't get out and stretch your legs." On the other

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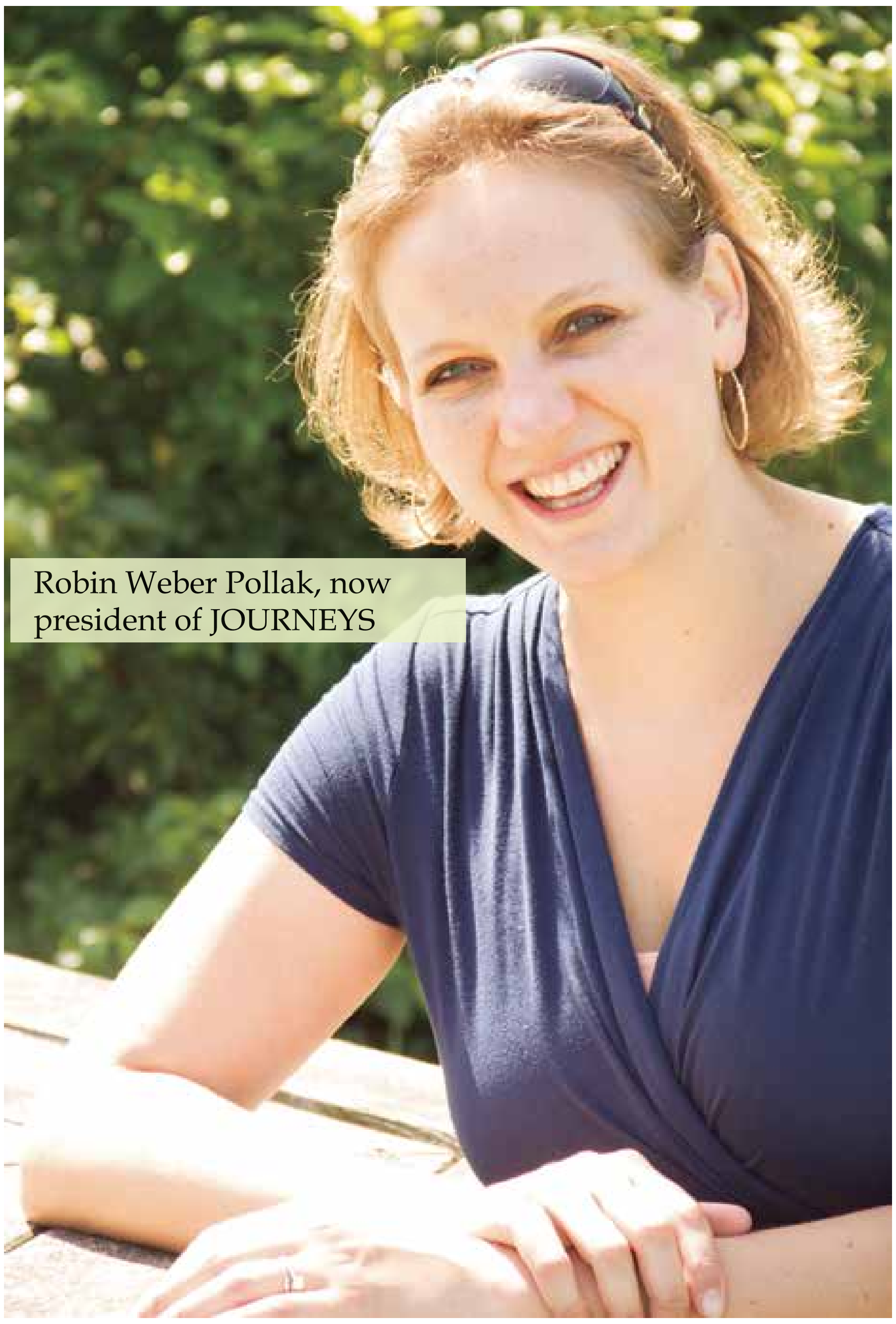
PHOTO BY JONI STRICKFADEN

Robin Weber Pollak, now president of JOURNEYS

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hand, “You don’t want to get close to komodo dragons, which are venomous.” Guides carry big sticks with forked ends, which they place on the ground in front of the animals that get too close. The sticks are like giant forked tongues — but bigger than those of these creatures. “It stops them cold, like magic,” said Joan. She took the moment to express her appreciation and admiration for JOURNEYS’ guides. “They are so familiar with everything! And they protect us.”

> On that family trip, surrounded by Buddhists who lived their religion, Robin and Noah discovered what their parents long knew: religion and culture are inextricably linked for a huge swath of the world’s population. “It motivated me to find my own place in Judaism,” Robin said.

JOURNEYS’ staff works hard to protect clients from all kinds of hazards. One of the dangers is bad advice. “People think that with the Internet, they can plan their own travels,” said Joan. But the Internet does not explain the reasons for travelers’ advisories. The State Department, for instance, advises people to be careful in Johannesburg, South Africa. It is dangerous to change money in the airport. Why? Poachers often wait at the airport to see who changes money there. Those travelers may be targeted and their taxis followed. When they disembark, the poachers pounce.

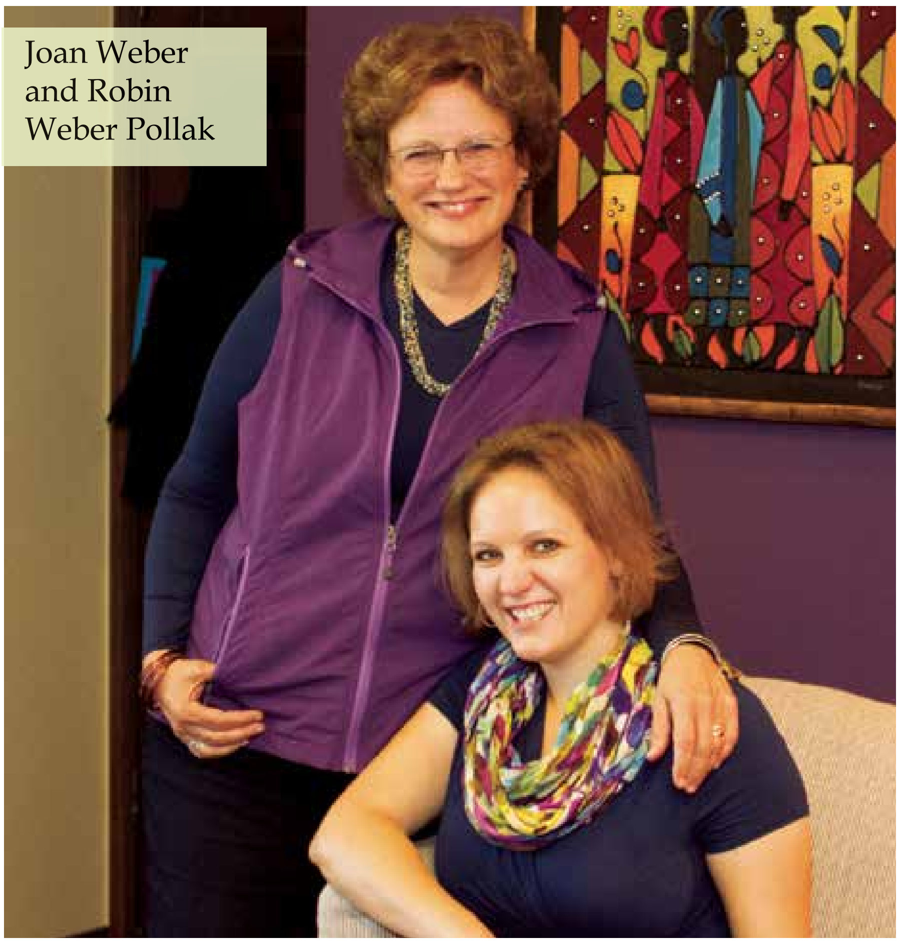
Joan Weber and Robin Weber Pollak

PHOTO BY JONI STRICKFADEN

JOURNEYS’ staff also understands local political events more readily than the average traveler. If, while traveling with JOURNEYS, one stumbles on a sudden crowd, or a street demonstration, the JOURNEYS staff will know how to skirt it. Staff will also recognize which scenes pose real threats. Food, too, may pose conundrums. JOURNEYS’ guides look at the kitchens to make sure they’re safe. They’ll talk to the chef, choose fresh food, make sure there’s refrigeration, make sure foods are thoroughly cooked, and offer clients guidance on the menu. Robin and Will point out that natives have a different internal ecology. Westerners’ stomachs haven’t built up tolerance to new pathogens.

Health concerns notwithstanding, native cuisine is an important part of travel, and the Webers make sure to incorporate a range of culinary experiences. If someone wants to eat snake, the Webers help them find the safest place to eat snake. Food vendors are popular in many parts of the world, and in some countries, eating their food can be a great experience. But one must take precautions. The food must be fresh and hot. If it’s not, avoid it. Likewise, eat only cooked vegetables. Don’t eat the skin of fruit. Drink bottled water. In Patagonia, for instance, it is usually safe to drink from fresh spring waters. But guides will prohibit travelers from drinking spring water if they know, for instance, that there’s a horse camp upstream.

It is important, too, to recognize social and religious norms. In Nepal, for instance, people form rice balls with their fingers, dip them in broth, and eat. But it’s to be done only with the *right* hand. The left hand is ritually unclean and must never touch food. Hinduism ritualizes parts of the body, and one must know those rituals to avoid gaffes. The top of the head is sacred. Feet are unclean, even profane. When many people sleep in a room, they sleep in a circle, so that no one’s feet point at anyone’s head. Gestures of respect, too, must be learned. In a Namaste greeting, the higher one’s hands, the more honor they confer. An ordinary Namaste is very familiar. Similarly, a bowed head increases respect. In many places, one must be aware of society’s hierarchies, especially where the caste system prevails. In much of the world, Will pointed out, the concept “all men are created equal” has no currency.

Given all these warnings, I wondered about some of the more dramatic adventures the Webers must have had. I asked whether they might share any such incidents. They told of a trip they took in June 2001, a few months before September 11. They were scheduled to fly to Kathmandu, when they got a call from Pemba that the entire Nepalese royal family was massacred in the palace. The murderer was either the crown prince or king's brother. In any case, the king's brother became king (a Claudius for our time). The Webers understood that this was either the best or the worst time to go there. In the best scenario, the travelers would be safe and the people in Kathmandu "hyper-real" and "witnesses to history" (Joan's words). By this time, the airline tickets were booked for Bangkok, so they designed an alternative, backup trip, to Myanmar (Burma). The Burmese crew knew the trip might not happen. But in the end, the group went to Nepal and had a fabulous 12 days. People everywhere celebrated the royal family. They put up pictures and marked the place where the king was cremated. They showed where his ashes went into the river.

In many places, one must be aware of society's hierarchies, especially where the caste system prevails. In much of the world, Will pointed out, the concept "all men are created equal" has no currency.

I was eager for more stories. The Webers told of an adventure in Kerala, in southern India, in 2005. The group arrived to find that their reserved hotel rooms were given to a different V.I.P. group. Clients were miffed, but the Webers found an alternate place for the first nights of their stay. A few nights later, when they were invited back to the hotel of choice, the management gave the group complimentary massages and did everyone's laundry. Since JOURNEYS is a reputable company, the hotel wanted to make amends. But, said Joan, "you're always walking a line between outrage and practicality."

Much of the outrage is absorbed by the Webers and their staff who are adept at camouflaging the extent of a problem — and correcting it. Alumni testify to the joys of traveling with JOURNEYS. Ann Arborites Phyllis and David Herzig are among them. The Herzigs are seasoned travelers who have, between them, circumnavigated the globe. Over the years, David has planned many trips to Europe, but they took a JOURNEYS land-based trip to Alaska. (Like many environmentally conscious travelers, they shun cruises.) They also went with JOURNEYS to the Galápagos Islands and Panama. In 2012, they took their children and grandchildren on a family trip to Costa Rica, a JOURNEYS adventure that *The Wall Street Journal* listed among the ten best trips to take with grandchildren. Last summer, the Herzigs took the family on the JOURNEYS trip to Tanzania.

JOURNEYS group in Mexico

David Herzig described their JOURNEYS adventures as "well-planned." In Costa Rica, he said, "JOURNEYS was sensitive to everyone's needs. The kids were all in the same age-range, and there were activities each day for all ages." David told of the kids' week-long scavenger hunt, a game that involved identifying, not collecting, items. Kids learned to recognize the flora and fauna of the area, became experts on butterflies, and studied luminescent frogs. David marveled that "kids learned without realizing that they were learning." Naturalists enriched the experience for adults and children alike. After a bat specialist took the group through the life cycle of bats, demonstrating the various ways they protect the eco-systems of the world, many were suddenly persuaded that bats were not so frightening, after all.

"I found Joan inspiring to travel with…. It was seamless, which speaks to her incredible skill and experience, her openness and vulnerability."
—Ruth Schekter, about her trip to Guatemala

A bird-watching expert showed people where to look and what to see. A trip to a cocoa plantation involved crossing a rope bridge — to the children's delight. Watching the cocoa bean turned into powder, and finally into chocolate ice cream, perfected the day. Other activities included visits to a rainforest, a preserve, a banana plantation. For the kids, there was the daily, lunchtime romp in the pool, nestled in the mountainside facility. Travelers stayed in bungalows along the river, ate buffet-style, communal meals, and watched the monkeys in the trees beyond.

Ruth Schekter, co-owner of Crazy Wisdom Bookstore, is equally enthusiastic about a JOURNEYS trip she took in February of 2013. That trip, called "Mindfully Engaging Guatemala," was limited to eight women. In addition to the group's native guide, Olga, it included two leaders: therapist and meditation teacher Lynn Sipher and Joan Weber. Ruth found all three impressive. Joan and Olga were participant-leaders, joining the daily meditation sessions. Basic instruction with Lynn began the very first night in Antigua, in the open air courtyard in the rooftop garden. "It was amazing," said Ruth, describing the view of rooftops and volcanos that ring the city. The group meditated mornings and evenings each day.

The group's guide, an artist and weaver, brought the women to her art studio, where she taught them how to make dyes and let them create their own pieces. She took them to museums, instructed them on Mayan history, and led them on tours through two of the villages on Lake Atitlán. She taught them about Mayan values, spirituality, and way of life. "It was a transformative trip," said Ruth, who appreciated how well the leaders worked together.

"I found Joan inspiring to travel with," Ruth began, then rhapsodized about Joan and the role she played on this trip. "It was seamless, which speaks to her incredible skill and experience, her openness and vulnerability." Recalling the sweep of the journey, Ruth concluded:

> She did what you'd want a tour leader to do. She did it out of her own enjoyment of people. She speaks Spanish. She has a gregariousness, a joyful ease with which she interacts with people — in markets, in restaurants — that's infectious. She knew the majority of people on this trip, but there was never a sense of cliquishness.

"JOURNEYS was sensitive to everyone's needs. The kids were all in the same age-range, and there were activities each day for all ages."
—David Herzig,
about his family trip to Costa Rica

Joan reports that the company was surprised at how quickly this trip filled up after it was announced. It will be offered again.

JOURNEYS' many destinations have attracted travelers from all over the country. How? Partly by word-of-mouth, partly through their website (www.journeys.travel), and partly making the "Best of" lists in *Condé Nast Traveler,* National Geographic's *Adventure,* National Geographic's *Traveler,* and *Travel and Leisure.* Many travelers require small groups and flexibility, which is JOURNEYS' forté. The website is filled with stories, itineraries, and photos — and prices. The Webers try to be transparent about costs, but they do not break the price down to nightly hotel fares. The price range is wide, depending on the length of stay and the level of luxury a traveler chooses. That so many alumni return to travel repeatedly with JOURNEYS reflects a high level of satisfaction. Ann Arborites scrolling through the JOURNEYS website may recognize some of the faces.

Alumni gathered in Ann Arbor for JOURNEYS' 35th Anniversary Jamboree, in the fall of 2013. The event was a reunion and celebration. The warmth was palpable even for non-alumni who attended the events that were open to the public. Travelers swapped stories, hugged, and reminisced. Several Ann Arbor alumni played host to the guides who led them on trips in their native countries. Many travelers came equipped with photo albums, either in old-fashioned form or in iPads and iPhones.

In the months before the Jamboree, JOURNEYS' headquarters brimmed with excitement, as staff anticipated the arrival of many overseas partners. Visitors included guides from Nepal, Myanmar, Bhutan, Ladakh, Kenya, Tanzania, Uganda, India, Turkey, Panama, and China. Most of the weekend's events were open only to travel alumni, and participants were limited to 120. Invitations went out to those who had taken multiple JOURNEYS trips. The celebration marked the official

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transition to the next generation. Joan and Will Weber ceremoniously handed the reins to their daughter, Robin Weber Pollak, now president of the company.

The Jamboree weekend featured a storytelling event at the Michigan Theater. The six storytellers on the program included three JOURNEYS alumni and the three Webers who run the company: Will, Robin, and Joan. Telling stories is a time-honored way to travel in place — and of whetting one's appetite for adventure. In recent years, the Webers have been collecting and posting some of their seminal stories on their website. Each of these stories begins: "Once upon a time." The story of JOURNEYS' partner in Myanmar, Kishan Chetry, appears on JOURNEYS' website under the title: "Once Upon a Time in Rangoon."

Kishan, who attended the Jamboree with his family, is part of the Webers' extended family. He was introduced to the Webers in 1986, three years before the military crackdown in Burma. Some friends of the Webers were traveling in Rangoon, took a taxi, and were impressed by their driver. They told them about him. The Webers sent an aerogram, and Kishan was soon JOURNEYS' man in Burma.

As a young man, Kishan dreamed of being a tour guide. He taught himself English and worked odd jobs while searching for his big break. When it came, Kishan trained guides and drivers, found local hosts, and became Burma's first licensed private tour operator. He thrived, despite two decades of military rule. He called his business "JOURNEYS Nature and Culture Explorations."

"Sustainable, responsible, green tourism contributes to the ecology of the planet." —Joan Weber

Alumni gathered in Ann Arbor for JOURNEYS' 35th Anniversary Jamboree, in the fall 2013. The event was a reunion and celebration. The warmth was palpable even for non-alumni who attended the events that were open to the public.

The Webers have often been asked why they continued their travels to Burma in the face of the coup that put the country under military dictatorship. They were warned that visiting Burma, renamed "Myanmar" by the country's military leaders, was unpopular and could hurt their company. JOURNEYS was placed on an international "Dirty Dozen" list for defying the international boycott. But the Webers are convinced they did the Burmese a service by encouraging visitors. They also point out that Kishan was at the forefront of the relief effort after the 2008 Cyclone Nargis, deemed the greatest disaster in Burmese history, with an estimated 138,000 lives lost. In spite of the devastation, the suspicious Myanmar government thwarted international relief efforts. Kishan led his tourist industry colleagues in mobilizing vehicles and manpower to rescue and care for refugees.

At the Ann Arbor Jamboree in 2013, Kishan and his family got to meet other members of the Webers' international family. They met Nawang and Anchee Sherpa, son and widow of Pemba, who died at home in Nepal in 2009. It was Nawang who sent a grateful note to the Webers after receiving the souvenir photo book from Joan. She had lovingly compiled it for Pemba upon learning of his illness. Nawang wrote:

> I want to start off by thanking you, Joan and everyone who sent their well wishes for Papa. He was very excited and happy to read all those mails and greeting cards and the surprise was that Papa knew each and every one of them. The album Joan made for Papa was priceless. I wish I could have taken a picture of his expression as he was flipping through the pages. I have that image in my head and I will cherish that for the rest of my life. We thank you from the bottom of our hearts. I do not know how exactly to say this, Will, but Papa is no more, he passed away today 14th May at 8:40 p.m. Mama and I are both trying to be as strong as possible. We brought him home around 11 p.m. and are having the monks read the holy books. I will be in touch, take care, our greeting to you and your family… Nawang.

Nawang is the same age as Robin Weber Pollak. At the Jamboree, they recalled trekking together in Burma when they were four years old. The slide show that accompanied that session included a photo of Robin, age four, in a basket on a sherpa's back. The two are akin to cousins. Now that each heads the family business, they are also colleagues. Nawang still lives near his mother in Kathmandu. His two siblings are in California, where the oldest, also called Pemba, is a chef and restauranteur. The youngest, a sister, assists him. Over the years, the Weber and Sherpa families have celebrated many milestones together. It is a testament to their bond that when Pemba married his Anchee over thirty years ago, Will performed the ceremonial office of father.

I asked Joan how she and Will managed to establish this enterprise, which takes travelers to so many far-flung places. Joan replied that growing slowly was key.

> If our ambitions had been grand in the early days, to offer sixty plus countries and maintain a database with tens of thousands of prospective travelers as we do now, we might have frozen in our tracks. Instead, we put one foot in front of the other, figuring things out along the way — learning the countries, testing itineraries, building our relationships. Those things have never ceased to be thrilling. So much of the gift of our lives has been the relationships we established in other countries. Our mission is to find people we feel comfortable with, people we trust, people who will guide our clients. How can we take money from travelers and promise them a good, rewarding time, unless we have people outside that we can trust? We knew that Pemba would always make good on his promise. And travel had to contribute to conservation. It came out of our generation's mindset. People in the high Himalayas were stripping the mountainside for firewood. Erosion problems were a nightmare. Tourism has played a huge part in protection. People are paying to see the trees *not* cut down. The word "eco-tourism" has been coopted — by hotels, by travel companies. Sustainable, responsible, green tourism contributes to the ecology of the planet.

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For more information, visit www.journeys.travel or email info@journeys.travel.

The JOURNEYS staff

PHOTO BY JONI STRICKFADEN

Green Living Column

Perk Up Your Ears: Two Programs Offer New Harmonies and Languages at our Farmers’ Markets

By Lucinda Kurtz

Not only will the aromas of fresh fruits and vegetables tantalize us and the beauty of fresh produce delight our eyes, but now two new programs will also please our ears this summer at the farmers’ markets in our local community. The Ann Arbor Symphony Orchestra’s program “A Taste of Music” will bring musicians to the markets, and the Ann Arbor Farmers’ Market iPad Translation program will translate key phrases into Mandarin, Russian, and Spanish to better serve the expanding population of shoppers from different cultural backgrounds. Both of these programs aim to reach families and young people who receive federal assistance on the Supplemental Nutrition Assistance Program (SNAP — formerly known as food stamps) and who take advantage of Fair Food Network’s Double Up Food Bucks program.

Fair Food Network is a national nonprofit organization based in Ann Arbor, founded on the belief that vibrant local food systems can create health and economic opportunity for all. Its Double Up Food Bucks program provides low-income shoppers who receive SNAP benefits with a one-to-one match up to $20 per market day to purchase locally grown fruits and vegetables at participating farmers’ markets. Double Up demonstrates how we can meet the immediate food needs of low-income Americans in ways that boost healthy eating, support farmers, and stimulate economic activity.

The influx of new and different shoppers of widely different ages and cultural and language backgrounds has stimulated ideas for innovation from market personnel.

Due to the success of the Double Up program in bringing more than $353,286 in extra spending money to customers at participating Ann Arbor and Ypsilanti farmers’ markets since 2010, more people who use SNAP benefits are shopping at farmers’ markets, diversifying the customer base with shoppers who have limited English proficiency. To give you a sense of the new populations available to utilize these assistance programs now that EBT (electronic benefit transfer) transactions and the SNAP program have moved into farmers’ markets, in Washtenaw County, over 35,000 individuals receive SNAP — 14,196 of whom are children. Since 2010, statewide in Michigan, 182,774 Double Up customers purchased healthy, fresh local produce at farmers’ markets. About 20 percent were first-time market customers.

The influx of new and different shoppers of widely different ages and cultural and language backgrounds has stimulated ideas for innovation from market personnel. In 2013, the Ann Arbor Famers’ Market received a Customer Service Grant from the City of Ann Arbor, enabling the purchase of an iPad with translation applications to improve the communication between market staff and their customers.

It was Sarah DeWitt, market manager, and her assistant, Carrie DeWitt, who initiated the translation program. Sarah enthusiastically commented: “The program is stretching our idea of customer service.” They wanted to provide better information and more satisfying interactions with market visitors. The translation application allows staff members to interact one-to-one with customers and offer details about the Double Up program. A feedback log tracks how many people they are communicating with, in what languages, and the type of questions customers are asking. This enables staff to learn basic greetings, answer frequently asked questions, and help community members feel more comfortable when they visit the markets.

Staff members ask all customers using the Double Up program two questions: Is this your first time using your Bridge Card (EBT) at this market? Is the Double Up program one of the reasons you are visiting the market today? These questions are asked of all customers statewide and help Fair Food Network collect the valuable data that demonstrate how this model program can have an impact not only on the physical health of the shopper but also on the economic wellbeing of the community. With the addition of the iPad, these questions are being translated into Mandarin, Russian, and Spanish, and are available to shoppers in laminated signs.

“The program is stretching our idea of customer service.”
– Sarah DeWitt, Ann Arbor Farmers’ Market Manager

The success of this translation pilot could lead to its use in other Ann Arbor Parks situations. The goodwill the program generates more than pays for itself in community cohesiveness — a priceless commodity Ann Arbor seems very able to cultivate through its positive attitude, service orientation, and attention to the needs of diverse populations.

“A Taste of Music: The Ann Arbor Symphony Goes to the Farmers’ Market” is yet another innovative program that illustrates the creativity and outreach of our local institutions. Fair Food Network was pleased to write a letter of support to the Community Foundation of Southeast Michigan on behalf of this highly complementary program. With a generous grant from the Foundation, A2SO will be presenting two popular components of its Education and Outreach programming — chamber concerts and the Instrument Petting Zoo — each summer for three years.

Even more exciting for our children is the Instrument Petting Zoo, where kids can play instruments of all kinds and sizes.

“A Taste of Music” will offer 12 free outdoor concerts at six area markets: Ann Arbor Farmers’ Market; Ann Arbor West; Ypsilanti; Howell; Chelsea; and South Lyon. The ensembles will include trios, quartets, and other combinations of professional musicians who have also gone out to schools, libraries, retirement centers, and other community locales.

Even more exciting for our children is the Instrument Petting Zoo, where kids can play instruments of all kinds and sizes. “Zookeepers” will be available to help children hold and experiment with the appropriate size of instrument they may want to touch and play. This program has been successful in libraries, shopping malls, daycare centers, and other venues that service a wide range of people from different cultural and economic backgrounds.

Furthering its commitment to the community, A2S0 will also distribute vouchers to up to 700 SNAP/Double Up shoppers for free access to Ann Arbor Symphony Orchestra concerts, bringing live symphony music to a new audience and a new generation of young people.

“A Taste of Music” hopes to illustrate how live symphony music can be an integral part of our lives, just as Fair Food Network’s Double Up Food Bucks program and the Ann Arbor Farmers’ Market Translation project help a new population of shoppers make healthy, fresh local fruits and vegetables an integral part of their lives. What better place to bring these goals together than at our local farmers’ markets where the sounds, smells, and sights converge in perfect harmony.

Lucinda Kurtz, M.A., is a Communications Specialist at Fair Food Network in Ann Arbor. She is also a Brennan Healing Science Practitioner and combines her belief in the importance of healthy food for a healthy life with her commitment to providing access to healthy food for all people. For more information about Fair Food Network, visit www.fairfoodnetwork.org or call (734) 213-3999.

Seeds for the Future

A Local Organic Seed Grower Explains the Importance of the Emerging Seed Movement

Nature and Nurture Seeds
Grand Rapids Lettuce
Nature and Nurture Seeds
Pingtung Long Eggplant

By Erica Kempter

Let's stop and envision an ideal food system. One that gives us the collective ability to feed ourselves sustainably for generations to come; one that provides healthy, safe food for all. A system where most of this food comes from local, organic farms that don't work against nature, but with it; where farmers grow crops from a wide choice of seeds that are uniquely adapted to the climate, soil, and conditions on the farm, and these seeds produce an abundance of nutritious and delicious food.

Miracle in a Package

Seeds are like a miracle in a small package (unless we're talking coconuts). Often I find myself looking down, holding a small collection of seeds in my hand, and I am reminded how each one is living and breathing, just as I am. I know if I take these seeds and tuck them into the soil under the right conditions, those tiny promises will take in the earth's water, bringing about a magical series of internal metabolic changes: the beginning of new life.

I, along with my partner, Mike Levine, own Nature and Nurture, LLC, a local organic landscaping business. Recently, we launched Nature and Nurture Seeds and began selling sustainably grown, heirloom vegetable seeds. Our mission is to be a catalyst for the preservation and innovation of food seed biodiversity in the Great Lakes region.

Often I find myself looking down, holding a small collection of seeds in my hand, and I am reminded how each one is living and breathing, just as I am.

Erica Kempter laying out vegetable garden beds for a Nature and Nurture landscaping client

Seeds are a plant's way of reproducing itself. During the creation of a seed, through the magic of pollination, genetic mixing occurs, making each new seed completely unique. Each seed has the potential to contain new traits that make it survive better in nature or, in the case of agriculture, that make it more beneficial for people. The more our food crops are allowed to make seed (and those seeds are subsequently replanted), the more opportunities there will be for new genetic combinations resulting in increased biodiversity.

A Collective Heritage

So where did the seeds of our food crops come from? As human beings went from being hunter-gatherers to farmers, our ancestors began to grow plants intentionally, as opposed to hunting or foraging for wild food. At some point, our ancestors began collecting seeds from wild plants and sowing them upon the land. As they did this, they identified new traits and learned to save seeds from the best plants — plants that were easier to grow, produced more food, or were resistant to pests, drought, heat, cold, or flooding. Each selection changed the genetic make-up of the plants, making them better adapted to grow under the conditions in which they found themselves. Humans, dispersed all over the planet, carried out this process, and when we traveled and migrated, we carried seeds stitched under our clothing. These coveted seeds were traded and planted in new places, leading to genetic mixing and, ultimately, to increased biodiversity. (For a great read about the history of our food, see *Where Our Food Comes From* by Gary Nabhan.)

For most of our country's history, our patent laws precluded the patenting of plants, which meant that all plants, seeds, and their genetics were held in the commons. However, the patenting of food plants, which has increased exponentially in the last ten years, has meant the removal of countless seeds from the public commons.

Erica Kempter and Mike Levine

Over thousands of years, these ancient farmers domesticated wild plants — plants that were toxic, thorny, difficult to grow, and unpleasantly bitter — into the astonishing, abundant diversity of crops that we have today. Even though they knew nothing about the science of genetics, our indigenous farming ancestors were well attuned to something we seem to have forgotten: that genetic diversity means food security. They intentionally maintained genetic diversity within crops because they knew that particular plants would produce food during droughts or floods while others would provide nourishment during hot years, cold years, or during pest infestations. It is because of this diversity that we are able to be here today to tell this story; it is precisely because our ancestors had food in their bellies generation after generation; and it is our presence that is living proof that there was not one break in the chain.

By what right does anyone have to own or control that which we have inherited from our ancestors?

The seeds of our ancestors are held in what is known as "the commons." The commons refers to the collective cultural and natural resources accessible to all and include things like air and water. These resources are held in common by the public and are not (or should not be) privately owned. For most of our country's history, our patent laws precluded the patenting of plants, which meant that all plants, seeds, and their genetics were held in the commons. However, the patenting of food plants, which has increased exponentially in the last ten years, has meant the removal of countless seeds from the public commons.

In reflecting back at the history of our food, I am reminded that our food crops are the collective heritage of us all. By what right does anyone have to own or control that which we have inherited from our ancestors?

My Seed Education

Growing up on the Old West Side of Ann Arbor, summer usually found me in our family's vegetable garden. Standing barefoot in the garden as the delightful juice of a ripe tomato ran down my chin, I found myself fully embodied in the moment. Somehow the entire sensory experience felt primal in a way that spoke to a deep need for connection to food and nature.

Odawa Pole Bean seeds from the Odawa Native American tribe, Harbor Springs, Michigan

Instead of blaming farmers for growing commercial F1 hybrids, we need to encourage them to be seed stewards.

These early experiences stayed with me, and when I entered college at the University of Michigan in 1991, I started my first vegetable garden and began my own organic landscape gardening business. Eventually my interest in organic gardening and food grew and I transferred to the University of California, Santa Cruz, which, at the time, was the only major university to have an organic farm on campus. As a student, I was particularly drawn to sustainable agriculture for its capacity to address social, health, and environmental issues in a tangible, solution oriented way. I returned to Ann Arbor in 1998 and, in 2001, founded Nature and Nurture, LLC, with Mike Levine.

My obsession with seeds began with a "chance" event: my meeting the pre-eminent organic seed breeder, advocate, and mentor John Navazio on an airplane in 2002. While I was perusing seed catalogs, he took notice, leaned across the aisle, and we became engaged in a long conversation about seeds. I told him what my favorite tomato variety was and he began to explain that, since it was a commercial F1 hybrid, eventually the variety would be dropped from seed catalogs (for financial and/or biological reasons); and since you can't save seeds from F1 hybrids, that would be the end. This was shocking news to me — how could my treasured tomato just disappear into thin air?

Germination testing of French Breakfast Radish seeds

My obsession with seeds began with a "chance" event: my meeting the pre-eminent organic seed breeder, advocate, and mentor John Navazio on an airplane in 2002.

At this point in my life, I already knew that the last hundred years had seen a drastic change in the way people grow food with the widespread adoption of industrial farming systems, leading to consequences that we are still trying to understand. Consequences like diabetes and heart disease caused from the overconsumption of low nutrition, processed foods and negative health effects from chemical exposure. More and more we hear of *e. coli* and *salmonellae* contamination, which has sickened and even killed numerous individuals. Not only is industrial farming hurting us, it's also destroying our planet, where it erodes our soil, pollutes our air and water, and drives natural ecosystems into dramatic reductions of biodiversity or complete species extinction. The effects have sent a shockwave through cultures, tearing apart rural communities, destroying culinary heritage, and hurting us socially and psychologically by dismantling the great tradition of celebrating the food we grow around a communal dinner table.

Evaluating French Breakfast Radish seedlings for leaf color and vigor

If you are wondering what you can do in your daily life, I would start by saying that the act of growing food is transformative; that our souls yearn for deeper connection that can be satisfied through the growing of one's own food.

Part of this change has been the switch from open-pollinated (OP) seeds (the kinds of seeds that our ancestors developed) to the widespread adoption of commercial F1 hybrids. As I began to research more about seeds, I learned that F1 hybrids are typically bred in conventional farming systems, meaning they are exposed to significant amounts of synthetic fertilizers and pesticides. This breeding process, in effect, creates (selects genes by default for) wimpy plants that require the protection of pesticides and dependency on chemical fertilizers in order to perform their best. Consequently, researchers have found in recent years that commercial F1 hybrid seeds often underperform in organic farming systems when compared to open-pollinated varieties that have been bred in organic farming systems.

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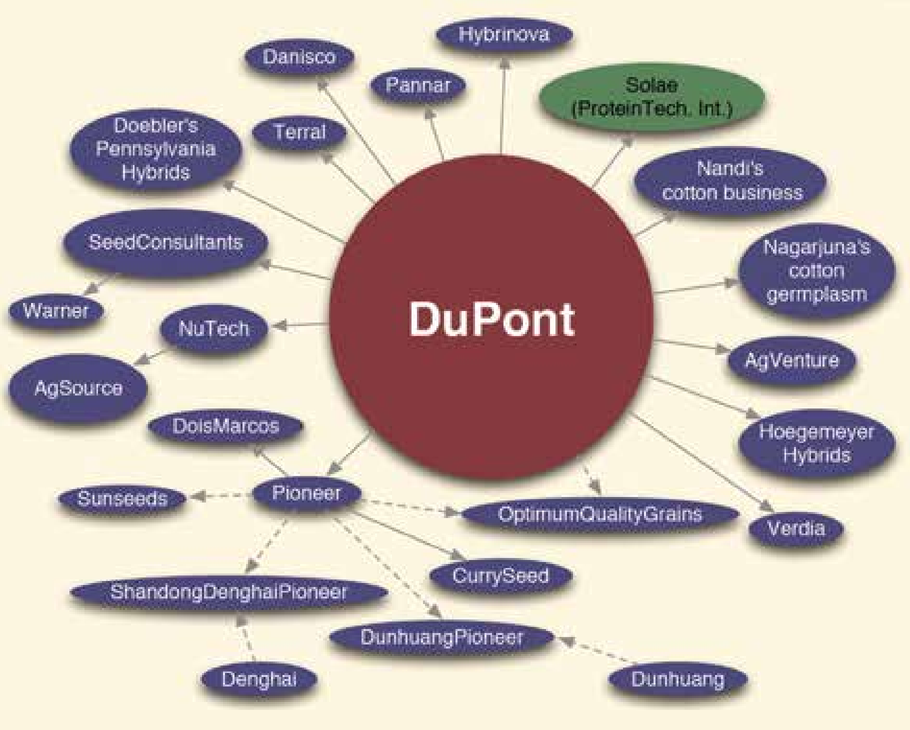
Unlike commercial hybrids, "open-pollinated" varieties, sometimes called "heirlooms," have the capacity to be constantly and infinitely selected, bred, and adapted to the food needs of human beings. Hybridization is not bad, in itself, but, since farmers do not save and replant F1 hybrid seeds, this is the end-of-the-line for that hybrid — no evolution, no ability to adapt to the unique and constantly changing conditions, climates, soils, and pests that occur on each farm, in each region. F1 hybrids are evolutionary dead-ends and thus perpetuate the loss of seed biodiversity.

Another consequence of the large-scale adoption of F1 hybrids has meant that, in the U.S., we've essentially dismantled the age-old process of growing, selecting, breeding, and saving seeds; consequently, farmers have lost the knowledge and skills that went with it, organic farmers included.

It also has meant the transfer of enormous resources from OP's into F1 hybrids and the consequential loss of open-pollinated varieties. In the past 100 years, 94 percent of open-pollinated vegetable varieties have been lost; they are literally extinct, and the potentially beneficial genes they contained are gone forever. Due to major changes in the structure of the seed industry in the last forty years, the open-pollinated seeds that remain have been seriously neglected. Up until the 1970s most seed companies were regionally based and independently owned, but starting in the '70s, pharmaceutical and chemical corporations began buying up these seed companies. During this process, many of the open-pollinated varieties carried by these smaller companies were dropped.

This buying trend increased with great gusto in the 1990s to the present, leading to extreme consolidation and monopoly in the seed industry, meaning that today the seed industry is ultimately controlled by a handful of these big corporations driven by the profit motive. Open-pollinated varieties simply don't have the financial support needed to be properly maintained and their quality has suffered on account of it. (For a visual representation of the changes in the seed industry, see below — Michigan State University's Phil Howard's "Seed Industry Structure.")

Continued on page 52



**Michigan State University's Phil Howard's "Seed Industry Structure."
This is only a partial graph. To view the full graph go to:
https://www.msu.edu/~howardp/seedindustry.html**

Seeds for the Future

Nature and Nurture Seeds
Nature and Nurture Seeds

Continued from page 51

Instigated by my conversation with John Navazio and my new knowledge of these historical shifts, my first in-depth seed project was working to “de-hybridize” a F1 hybrid tomato. To do it, I saved the seeds from the favorite F1 hybrid tomato fruit and, in the following year, planted 100 of those seeds. I was completely blown away to see that every single tomato plant was different. The plants themselves varied in vigor, disease resistance, and other traits, but where the differences really stood out was in the fruit. The tomatoes ranged in size from small to large, round to oval, juicy to dry, tasty to down-right spitters. I saved seeds from those plants and have been selecting them for the qualities that I love in the F1 hybrid. Eventually, my tomato will be an open-pollinated plant with characteristics more or less like the F1 hybrid. This project really opened a door for me, revealing a whole new world, and allowed me to feel empowered to be a plant breeder.

The Importance of Biodiversity & the Precarious Foundation of Seeds

The trends toward planting commercial hybrids and patenting food plants are stifling innovation, and thus have the potential to severely limit the diversity of our food crops into the future. Seemingly we still haven't learned from examples like the Irish Potato Famine of the 1840s. We all know a little about the story, where extreme starvation resulted in Ireland because one third of the population was dependent on one variety of potato. What we should have learned is that when you bank on genetic uniformity, you're in trouble when a disease like Late Blight comes in and spreads to every available host, wiping out every potato. From 1846 to 1851, at least 20 percent of Ireland's population died as a result.

> **Seemingly we still haven’t learned from examples like the Irish Potato Famine of the 1840s.**

We need to be reminded that our crops are still susceptible to a constant and ever-changing barrage of pests and diseases. As climate change becomes increasingly problematic, our crops are becoming even more vulnerable to the extremes of nature. More and more we require genetic diversity to provide our crops with resiliency to these current and future threats.

As human beings we are at a critical juncture. We have come to depend on an industrialized, unsustainable, chemical-based, agricultural system built on a precarious foundation of seeds. I think it's time we start seriously asking ourselves if this type of agriculture can provide healthy, sustainable food for generations to come.

The Movement to Save Seeds

For many years there has been a significant seed preservation movement in the U.S. Consisting mostly of home gardeners growing and saving threatened OP vegetable varieties, this work has been a very important stopgap measure to minimize the further loss of seeds. At the forefront of this work has been the nonprofit organization Seed Savers Exchange, located in Decorah, Iowa. Beginning around 2000, leading thinkers in the seed movement began questioning whether seed preservation alone was enough to make the fundamental changes needed in our seed system and the nonprofit organization Organic Seed Alliance in Port Townsend, Washington, was born. With a focus on promoting seed stewardship and innovation among farmers, as well as working on research, education, and advocacy, the Organic Seed Alliance seeks to make lasting change in the seed system.

Inspired by the work of the Organic Seed Alliance, I began to research the seed history in the Great Lakes region and came across a copy of Renewing America’s Food Tradition’s *Place-Based Foods at Risk in the Great Lakes.* Compiled by Gary Nabhan, this small book kindled a vital passion in me to explore the food heritage of the place I call home. The first thing that I discovered in my quest was that, other than this little booklet, scant information exists about Great Lakes regional seeds. The idea for Nature and Nurture Seeds was born.

> **As human beings we are at a critical juncture. We have come to depend on an industrialized, unsustainable, chemical-based, agricultural system built on a precarious foundation of seeds.**

One of the early Great Lakes varieties that we trialed was Grand Rapids Lettuce. Grand Rapids Lettuce was developed around the turn of the 20th century in Grand Rapids, Michigan, where it was grown in hundreds of greenhouses that fed people lettuce during the winter. At Nature and Nurture Seeds, we have been growing this lettuce in our unheated hoophouse over the winter where cold temperatures and disease kill many other lettuce varieties. Grand Rapids Lettuce has outperformed many of the lettuces that we have trialed. For three years we have been growing it for seed, letting disease and cold kill the weak plants and selecting and saving seeds from the most cold hardy and disease resistant plants. This past winter was a great year for selecting for cold hardiness! Over time, our strain of Grand Rapids Lettuce is becoming more and more adapted to a southeast Michigan hoophouse growing environment. We offer packets of Grand Rapids seeds through our seed catalog, but it is my hope that eventually our strain will be beneficial for the many market growers in our region who do winter hoophouse production.

> **One thing that we’ve learned from the organic food movement is that it really does matter how we decide to spend our money. So if you are a gardener, vote with your dollars!**

We have many projects like Grand Rapids Lettuce, all with these goals: increasing the biodiversity in our food crops; having regionally adapted varieties; increasing the seed choices of farmers; and ultimately contributing to the ability of our region to feed ourselves. We trial, grow, and offer varieties that are vigorous, high yielding, and have good taste. Thirty percent of our seeds this year are locally grown — either by us or by partnerships with other local growers. We hope to increase that percent every year.

Here in Southeast Michigan there are several organizations working on seeds. Annie Elder and Paul Bantle of Community Farm of Ann Arbor have been seed savers for many years, using saved seeds to grow many of their crops. Support Paul and Annie's seed saving work by joining their C.S.A.!

Project Grow Community Gardens is an Ann Arbor-based community garden organization that provides garden plots to the public. They have long been involved in heirloom seed saving projects and are always looking for new people to get involved.

We have many projects like Grand Rapids Lettuce, all with these goals: increasing the biodiversity in our food crops; having regionally adapted varieties; increasing the seed choices of farmers; and ultimately contributing to the ability of our region to feed ourselves.

Greg Vaclavek of the Native Plant Nursery collects over 200 species of native plant seeds (with required permits and permissions) following ethical seed collecting guidelines. He uses the collected seed to grow native plants that he sells at the Ann Arbor Farmers' Market.

Recently, I learned that the Lyon Township Public Library (near South Lyon) has a Seed Library. Seed libraries provide a community service by lending free seeds and then encouraging borrowers to return a portion of their seeds from their harvests to the library to make the seed library self-sustaining. They also provide many seed saving resources and hold related events. Mike and I were happy this year to be able donate seeds to support the work of the Lyon Seed Library.

Slow Food Huron Valley, the local chapter of the international Slow Food organization, has been working on several Great Lakes Heirloom Seed projects. Along with my company, Nature and Nurture Seeds, which sells seeds online, by mail, or by phone order, there is another local seed business called Ann Arbor Seed Company. Owned by Eric Kampe and Meredith Kahn, Ann Arbor Seed Company sells 100 percent locally grown seeds via local retailers and at the Ann Arbor Farmers' Market.

If you are wondering what you can do in your daily life, I would start by saying that the act of growing food is transformative; that our souls yearn for deeper connection that can be satisfied through the growing of one's own food. Seeds embody an intimate connection to nature's biodiversity and working directly with them gives us a connection to those who have come before us. Start a garden. Save seeds. If that sounds difficult, start simple. Beans, peas, and tomatoes are super easy plants for seed saving, not to mention they are yummy to eat. And once you start gardening, you can share the bounty with family, friends, and neighbors.

One thing that we've learned from the organic food movement is that it really does matter how we decide to spend our money. So if you are a gardener, vote with your dollars! Buy open-pollinated seeds (all commercial hybrid seeds are labeled "hybrid" or "F1 hybrid"). I know some folks prefer the sugary sweetness of hybrid sweet corn, so don't feel bad if you don't want to grow 100 percent OP's. But stay tuned, there are OP sweet corn breeding projects in the works, so you may be able to have your sweet OP cake and eat it too! Also, vote with your dollars by avoiding buying patented seeds. Some patented seeds will say "Utility Patent Granted" in the variety description. If you want to avoid buying patented seeds and are unsure if certain seeds are patented, ask your seed company.

Instead of blaming farmers for growing commercial F1 hybrids, we need to encourage them to be seed stewards. We need to work to give them access to a wide choice of genetically diverse, productive OP varieties. As farmers begin to save seeds, the seeds of each subsequent generation will become more and more regionally and farm adapted. Encourage gardeners and farmers to become farmer/breeders. Plant breeding does not have to occur in ivory towers or laboratories; it can be done with simple methods in fields and gardens by farmers, gardeners, by you and me!

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Taking the seeds that have been handed down to us, we cradle, protect, nurture, and free them.

It is my hope one day to bring the folks from the Organic Seed Alliance to Michigan to hold workshops on "Seeds Saving for Farmers and Gardeners," "On-Farm Variety Trials," and "On-Farm Plant Breeding" in order to engage more local growers in the practices of seed growing and breeding. In addition, permaculture has gained recognition in the last few years. One of the primary tenets of permaculture is using perennial food plants. Unfortunately, there has been very little work done on breeding perennial edible plants and there is a huge need for them, especially in northern climates.

Mayo Tosabatchi corn, an indigenous variety from Sinaloa, Mexico

A Vision of Seeds for the Future

We have created a vision for the kind of food system that we want. So let us dream. Vision gives us direction, and guides us down a path with more clarity, intention, and purpose. Taking the seeds that have been handed down to us, we cradle, protect, nurture, and free them. As a member of *homo sapiens* who eats, each one of us has a role to play toward the vision, no matter how big or how small. Should we become weary or discouraged, we take refuge in the knowledge that collectively we can accomplish more than any one of us can create alone. We remember that we are standing on the shoulders of our ancestors and we give thanks for all that we have. We celebrate together over abundant, wholesome, delicious food, rejoicing in the knowledge that, because of us, future generations will be celebrating and feasting together.

As a member of *homo sapiens* who eats, each one of us has a role to play toward the vision, no matter how big or how small.

Erica Kempter, along with her partner, Mike Levine, owns Ann Arbor's Nature and Nurture, LLC, which provides organic gardening services, has a fruit and nut tree nursery, grows Shiitake mushrooms, and, in January, began offering sustainably grown, heirloom vegetable seeds through Nature and Nurture Seeds. Erica has been involved in organic gardening and food for twenty years, including leadership in multiple urban gardening projects in California and Detroit, founding the HomeGrown Festival, and involvement in the Local Food Summit. She developed the Organic Gardener Certificate Program at Washtenaw Community College and is a board member of Slow Food Huron Valley. Erica and Mike live on the Westside of Ann Arbor but are getting ready to move to their new farm in Scio Township where they will have a lot more room to grow seeds! Contact Erica via www.natureandnurtureseeds.com or (734) 929-0802.

Nature and Nurture Seeds

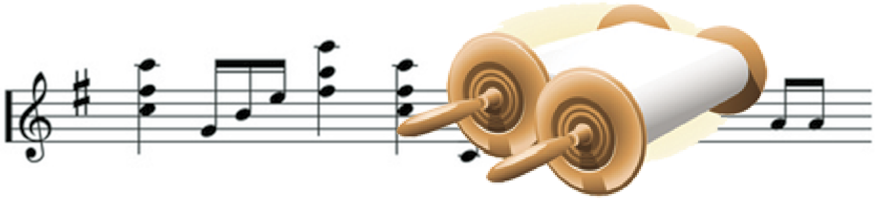
Cantor Annie at rehearsal with Kol Halev, the Temple Beth Emeth adult choir

"Music is like a key to spiritual blossoming."
–Annie Rose

Cantor Annie Rose, A Jewish Seeker

— Her Spirit and Beautiful Voice, A Gift to Temple Beth Emeth and to the Community —

By Rachel Urist
Photography by Susan Ayer



Cantor Annie Rose will retire in July 2014. By then, she will have been the cantor at Temple Beth Emeth (TBE) for twenty years. She has trained countless bar and bat mitzvah students and created and conducted the Temple's adult and youth choirs, *Kol Halev* (Voice of the Heart) and *Shir Chadash* (New Song). The adult choir boasts 70 members, a hearty testament to her leadership. Her extraordinary musicianship is matched by a scholarly pursuit of all things Jewish, musical, and spiritual.

She combines her love of music with Jewish tradition in the way she teaches young people for their bar and bat mitzvahs, explaining to them how the "*trope*," or cantillation signage (like musical notation), serves as punctuation for the Torah. Annie, as everyone calls her, tells her bar and bat mitzvah students that the Torah, like most sacred texts, has no syntactical structure. She asks them to imagine a novel written in all caps, with no commas, periods, or punctuation marks. How would they read it? The *trope,* she explains, is a way to indicate stops and starts. The cantillation signs also provide commentary on the text itself, highlighting important ideas musically. Annie Rose talks about the oral tradition of the Torah, which was kept alive, without a printed text, for generations. The *trope* may well have been a mnemonic aid.

In addition to her ritual duties, Annie Rose has also done a good deal of pastoral counseling: visiting the sick, comforting the bereaved, and guiding the perplexed. Many are drawn to her for her preternatural optimism, her wise approach to life's ups and downs, her compassion. One of her long-standing choir members, Beth Dwoskin, said: "Most people admire her for her phenomenal people skills and her one hundred percent positive outlook on life. For me, Annie Rose is a musical inspiration. She is a lodestar for people who love Jewish music."

> "Most people admire her for her phenomenal people skills and her one hundred percent positive outlook on life. For me, Annie Rose is a musical inspiration. She is a lodestar for people who love Jewish music."
> –Beth Dwoskin, choir member

Several years ago, another member of the choir, Sheila (better known as "Happy") Feigelson, conspired with fellow choir members to nominate Annie Rose for the prestigious Covenant Award, a national honor bestowed on Jewish educators. The nomination procedure is complex. Feigelson formed a committee, and together, it composed and submitted the nomination. Annie made the first cut, but she did not win the prize. Still, she wrote to each of the committee members to thank them and to assert that, for her, the real honor was being nominated. In enthusing about Annie Rose, Feigelson also recalled the words that Annie used to announce her retirement: "I want to be Theo's wife." Annie's husband, Theodore Morrison, professor emeritus at the University of Michigan School of Music, wrote an opera that had its premiere in Santa Fe, New Mexico, in July 2013. The opera is slated to tour next year. Annie wanted to be free to attend those concerts with him. She also wants to spend more time with him at home.

Given that Annie is known for giving total concentration to the people or task at hand, a trait deeply appreciated by all who know her, it comes as something of a jolt to hear her say: "My family is the stable core of everything I do. Being a mom has provided the deepest learning and greatest joy of my life." But this should not surprise. She attends so fully to those with her at any given moment, that one needs to be reminded that she has a life of her own. Her son is completing a master's in music composition in New York City. Her daughter is a social worker in Washington, DC. Annie Rose was an exemplary role model for each, creating harmony at home while demonstrating the importance of pursuing one's professional goals. For most of their lives, she was a working mom: cantor, choir director, voice teacher, and bar and bat mitzvah tutor. She has also taught, by example, the value of a health regimen. Her office boasts a treadmill-desk. She designed it years before such exercise machine/office desk combinations were in vogue. She simply put together a standard treadmill with a suitable table, and voilà! Her treadmill desk was ready to mount. She walks while she works at her computer.

Annie Rose was born and raised in Philadelphia, where her family belonged to Temple Adath Israel, a Conservative synagogue. She grew up attending religious school, and she continued her Jewish studies through Hebrew high school. "I loved religious services. I love ritual," she said. The year of her brother's bar mitzvah, he was required to attend services regularly. She went with him. They liked sitting up front. Their synagogue featured an organ and a choir. Annie was enamored of the alto soloist, one of "the fancy ladies," as she called them then. "She [the 'alto lady'] wore hats. I loved her." In those days, girls did not aspire to be cantors. So Annie Rose aspired to be a choir soloist in a fancy hat. She also wanted to pitch for the Phillies.

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Cantor Annie Rose, A Jewish Seeker

Continued from page 55

In those days, girls did not aspire to be cantors. So Annie Rose aspired to be a choir soloist in a fancy hat. She also wanted to pitch for the Phillies.

Members of Kol Halev gather around the piano to practice their parts, with accompanist Dr. Ray McLellan

Annie Rose, the girl who once aspired to be the choir lady, now inspires others to be like Annie Rose.

Annie studied music at Goucher College in Baltimore. After graduating, she spent two years on a Watson Fellowship. Equivalent to a Fulbright, this prize is awarded to a select group of students each year and stipulates that the student be far from home during the fellowship year. Annie arranged to study voice, conducting, and music theory in England and France. For the first six months, she lived in London, where she met conductor Antony Hopkins and saw Pierre Boulez, the French composer, conductor, writer, and pianist. She commuted to Paris (by hovercraft) for her music theory lessons with conductor and famed teacher Nadia Boulanger, who conducted their sessions in English. For the second half of the year, she lived in Paris and studied with opera teacher Tosca Marmor, who Annie later discovered had also taught Celine Dion. Marmor conducted Annie's lessons in French. Annie's fluency in the language quickly improved. Her worldview broadened, too. Annie recalls a day when "Tosca pulled up her sleeves, and I saw a number. I froze." Until that moment, Annie did not know that Marmor was a Holocaust survivor.

Back in Baltimore, Annie took Hebrew and Yiddish classes at Baltimore College. She also enrolled at the Peabody Institute, where she was a graduate assistant in music theory and earned two master's degrees, in voice and conducting. Theodore Morrison was chair of choral music and director of the chamber orchestra. Annie sang in concerts that he conducted. When their collaborations became personal, she told him she was a committed Jew. He countered that he was an agnostic with no religious affiliation. When their romance became serious, they discussed the prospects of family. It was "evident" to both, she said, that they would have a Jewish home with Jewish children. "He embraced it with fullness and joy," said Annie.

Noting that at one point Annie identified herself as a "Reform Jew," I asked when and why she made the switch from Conservative to Reform Judaism. After all, she had, to date, been drawn to the sounds, spirit, and philosophical tenets of her parents' Conservative affiliation. (Note that the three primary Jewish denominations, Orthodox, Conservative, and Reform Judaism, denote three levels of observance, from the most stringent to the most liberal.) Annie responded with a story. She recalled a snowy night in Baltimore, when she walked from her house to the Conservative synagogue. There she found a small crowd, only five men, a few Torahs, and about eight women. She asked why the service was delayed. Someone answered, "We don't have a *minyan*." She walked out. (A *minyan* is a quorum of ten Jewish souls. Ten is the required number for convening a worship service, which is always predicated on community. Until relatively recently, only men were counted for a *minyan*. Today, Reform and most Conservative Jews count women as well as men for a *minyan*.)

A few weeks after this incident, Annie learned that the cantorial position at Har Sinai, Baltimore's oldest Reform congregation, was open. A classmate urged Annie to audition for the position. Annie was surprised by the encouragement, especially since she had never considered such a job. She wondered how her name came to the synagogue's attention. "We've heard you sing; we want you to give it a try," the classmate said. So she auditioned and got the job. She smiled at the memory. "By the time Theo and I married, I was the cantor at Har Sinai."

Annie's professional life has remained firmly within the Jewish world. "Music is like a key to spiritual blossoming," she said. When she sings, her voice is riveting. It is a sweet, strong, lilting mezzo-soprano. She claims that her voice was never operatic, that she never really wanted to do opera. She says that to have a career in opera, one must have a certain vocal range and volume, and her voice does not have that range or volume. She asserted that she never minded that lack. "I feel I have done good work with the instrument I have, and I have not wanted to ask anything else from my voice. I love singing so much!"

While serving in her first cantorial position for five years, she studied pastoral counseling with Rabbi Abraham Shusterman, Har Sinai's rabbi from 1941 to 1972. She feels indebted to him for showing her the path she has long followed. He was long a member of Baltimore's Interfaith Council, and he was active in the civil rights movement of the 60's. He died in 1995 at age 88.

Annie counts among her influences Rabbi Abraham Joshua Heschel, the Polish-American theologian, writer, and social activist. Annie calls him "one of my all-time heroes." Heschel, who famously described the Sabbath as a "temple in time," has many notable quotations. Among them are: "Wonder rather than doubt is the root of all knowledge"; "A Jew is asked to take a leap of action rather than a leap of thought"; and "When I marched in Selma, my legs were praying." Heschel, descendant of a long line of Hasidic rabbis, earned both rabbinic ordination and a Ph.D. in Berlin. He barely escaped the Holocaust. In 1942, the Nazis shut down the institution that conferred his ordination. Heschel had arrived in New York City two years earlier. In the U.S., he taught at Hebrew Union College (Reform) and the Jewish Theological Seminary of America (Conservative).

Rabbi Leo Baeck (1873-1956), another of Annie's inspirations, was one of Heschel's professors at the University of Berlin. Baeck, a German scholar, taught that religion is faith and action; that if one starts with action, it leads to faith. Baeck was among the early leaders of Progressive Judaism, a movement that led to the branches now known as Liberal, Reform, Reconstructionist, and Progressive.

"How important it is for us to remember the fundamental benefits of joy and laughter!"
–Annie Rose

Rabbi Nachman of Bratzlav (1772-1810), the Ukrainian founder of the Breslov (Bratzlav) Hasidic group, is another name Annie mentions frequently. Reb Nachman's folksy tales are notable for their themes of *menschlichkeit* (human decency), devotion to God, and loyalty to one's fellows. He also promotes lightheartedness. Annie said: "How important it is for us to remember the fundamental benefits of joy and laughter!" Some of Reb Nachman's articles of faith include:

- Remember: joy is not merely incidental to your spiritual quest, it is vital.
- Nothing is as liberating as joy. It frees the mind and fills it with tranquility.
- If you are happy, the whole world benefits.

Annie also appreciates Reb Nachman's unusual prayer, "Thank you for this moment," which he offered in times of great personal challenge. After all, it is life's difficult moments that build character and resilience. She credits Moses Maimonides (1135-1204), the Spanish-born philosopher, physician, and Torah scholar, (also known as Rambam, the Hebrew acronym for Rabbi Moshe Ben Maimon) for giving us the notion of God as the pure idea, a power that can be neither described nor named. She drew parallels between this idea and similar concepts in Eastern philosophies.

"When I marched in Selma, my legs were praying."
–Rabbi Abraham Joshua Heschel, Polish-American theologian, writer, and social activist

She quotes the Chinese thinker, the 6th century B.C.E. Lǎozǐ (or Lao Tzu, "Old Master"), who wrote the *Tao Te Ching* (pronounced *Dao De Jing*). The title means, literally: "the way of virtue." In quoting from Lǎozǐ, she draws implicit parallels to the scene in Exodus, at the burning bush, when Moses asks God what to tell the people, when they ask who sent him:

> The tao that can be told is not the eternal Tao
> The name that can be named is not the eternal Name.
> The unnameable is the eternally real.

Lǎozǐ's precepts have been influential in Taoism, Confucianism, and Buddhism. Annie said: "I am a Jew who is interested in all spiritual paths."

To get a better sense of the teachings that Annie Rose finds so inspiring, I looked up Lǎozǐ and the *Tao Te Ching*. Among his many famous sayings, I find: "When goodness is lost, it is replaced by morality." And, "Try to change it and you will ruin it. Try to hold it and you will lose it." I also find his classic definition of the Tao:
There is a thing inherent and natural, which existed before heaven and earth. Motionless and fathomless, it stands alone and never changes. It pervades everywhere and never becomes exhausted. It may be regarded as a name, I call it Tao, and I name it as supreme.

"I am a Jew who is interested in all spiritual paths."
–Annie Rose

Among Annie's contemporary influences is Rabbi Rami Shapiro. Shapiro studied to be a Buddhist monk before earning his rabbinic ordination. From him, Annie learned that "Buddhism gives us the BE-ness; just being, not doing." In addition to the various rabbis who helped shape her philosophical and theological frameworks, Annie has turned to the well-known psychic and medium Rebecca Rosen. Annie has consulted with her for the last ten years and calls her "the wisest intuitive I have ever known." Annie credits Rosen with "life-changing spiritual coaching," and maintains that Rosen's intuition in combination with years of study and experience "gives her a very deep understanding of God and eternity." Annie added: "Through conversations and classes with her, I have had the opportunity to expand my own thinking and my own prayer practice. Rebecca and Rabbi Shusterman have been my most powerful mentors."

Shusterman, of course, was the person who steered Annie toward pastoral counseling. I asked Annie how many cantors participate in congregants' lives as deeply and intimately as she does. Annie maintains that she is not unusual in this. The cantor may, typically, be associated with the music, but for Annie, music is a portal to the spiritual. Invoking her classical music training, she pointed out that one cannot sing in anger. In opera one can pretend; one can act out the anger. But music in ritual tends to have a purity of intention.

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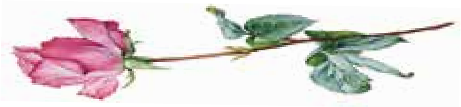

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Cantor Annie Rose, A Jewish Seeker

Continued from page 57

For Annie, the role of cantor affords her the opportunity to engage in pastoral counseling, which gives her a special connectedness with people. She loves going through life cycle events with others. In her words: "People invite you to the center of their lives, when they suffer loss. You come into the family conversation. It's an incredible, a miraculous experience." Warming to her theme of connection, she cites portions of liturgy when Jews invoke the names of forefathers, linking those names to the divine, as though seeking worthy intermediaries who might intercede, who might bring the worshiper's prayer directly to God's ear. Hebrew liturgy is full of hymns and personal petitions for "the God of Abraham, Isaac, Jacob." She urges people to add their own grandparents and great grandparents' names. She explained: "Then we're all connected forever to this eternal energy."

> "I have read far more by great rabbis and other Jewish thinkers, but I am so grateful to have the option to read in other traditions too. I believe we all have a lot to offer each other. I just like to experience beautiful writings by vibrant, spiritually engaged people."

In talking about concepts of God and the meaning of prayer, Annie offered this: "People sometimes object to the Torah's image of God as a dominating man; a threatening God who curses." For Annie, God is a more benign and abstract force, one connected to time, being, and energy. She noted the biblical scene of the burning bush, with its attendant conversation between Moses and God. Moses asked God: Who are you? God answered: I am the verb *to be*. "I am that I am and will be." God, noted Annie, has no beginning and no end. We can say only what God is not, not what God is. Annie explained that when she prays, it is not to appease God, but to remind herself of life's highest values. "I never pray for something I need; I give thanks for what I have."

Annie Rose's spiritual journey has been enriched by time and place. Her physical journey included a move from Baltimore to Northampton, Massachusetts, where her young family stayed for six years, and where Annie taught voice, helped at Hillel (on the campus of Smith College), and served as guest cantor for High Holy Days in the community. In 1987, they arrived in Ann Arbor. She has been a trusted presence on the staff of Temple Beth Emeth since 1994.

Temple Beth Emeth, Ann Arbor's Reform synagogue, made history in 1974 when it announced its plans to share a building with St. Clare's Episcopal Church. It was the first such partnership in the U.S. This interdenominational cooperation appealed to Annie, whose Baltimore mentor, Rabbi Abraham Shusterman, had urged interfaith ties. The shared building, on Packard and Eastover, is arresting for its sprawling, contemporary architecture, its airy and spacious sanctuary, and its fine acoustics. The invariably beautiful sounds that Annie Rose elicits from her choral groups are uplifting. Several years ago, her adult choir toured Eastern Europe and, several years later, Argentina. When they performed in Bucharest, people were bussed in from all over the country for the concert. The experience moved singers and audiences alike.

Annie Rose is the proverbial seeker. She encourages other seekers. Her voracious reading includes Buddhist texts, particularly those of Thich Nhat Hanh and Pema Chodron, whose practices she finds inspirational. "I have read far more by great rabbis and other Jewish thinkers, but I am so grateful to have the option to read in other traditions too. I believe we all have a lot to offer each other. I just like to experience beautiful writings by vibrant, spiritually engaged people." She launched and now leads a spirituality book group focused on spiritual writings.

Meditation has become an important part of Annie's life. For the last forty years, she has meditated twice a day. Over the past ten years, she has added prayer to that practice. She said she is drawn to questions about eternity and afterlife. She believes in reincarnation, in eternal souls. She explores notions of energy in the universe. She connects that energy to what she hears in her choral work, and said that she sometimes feels overwhelmed by the energy that flows from the adult choir. She

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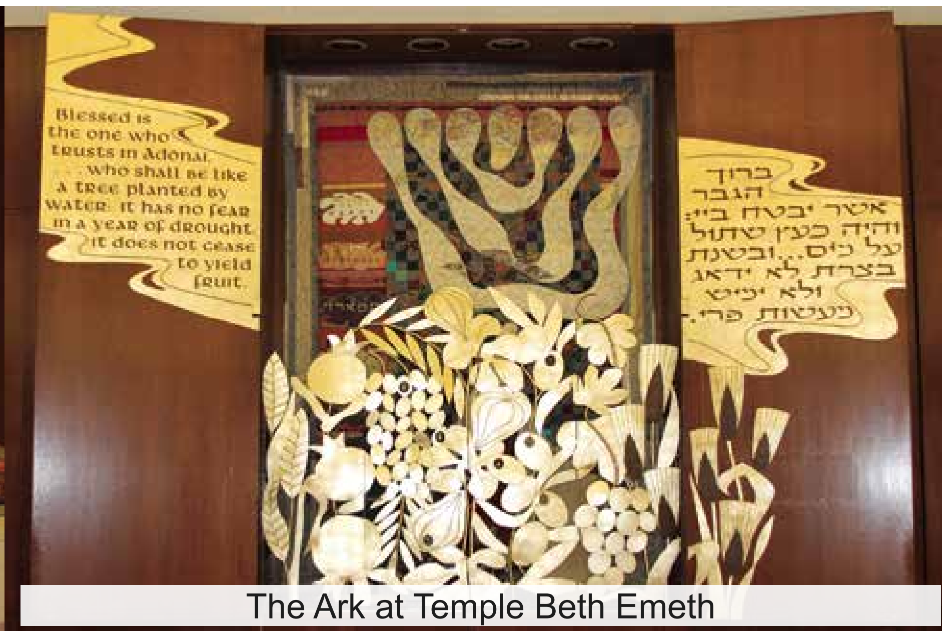
Kol Halev preparing for their March 30 afternoon concert, "Yiddish and Sephardic Gems"

"People invite you to the center of their lives, when they suffer loss. You come into the family conversation. It's an incredible, a miraculous experience."
–Annie Rose
on pastoral counseling

Temple Beth Emeth, Ann Arbor's Reform synagogue, made history in 1974 when it announced its plans to share a building with St. Clare's Episcopal Church. It was the first such partnership in the U.S.

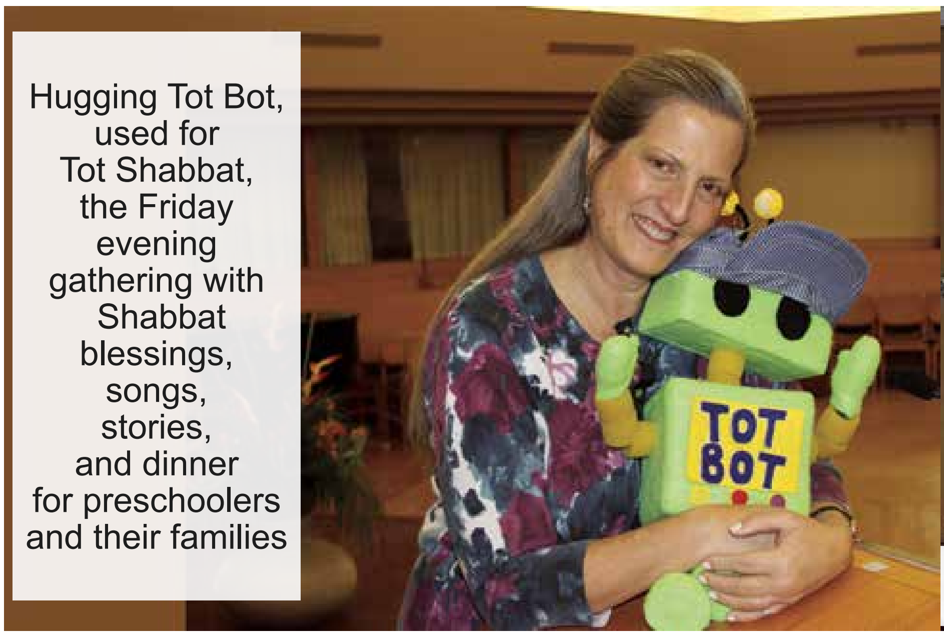
Cantor Annie Rose, A Jewish Seeker

Cantor Annie Rose reading from the Torah



The Ark at Temple Beth Emeth

Invoking her classical music training, she pointed out that one cannot sing in anger. In opera one can pretend; one can act out the anger. But music in ritual tends to have a purity of intention.



Hugging Tot Bot, used for Tot Shabbat, the Friday evening gathering with Shabbat blessings, songs, stories, and dinner for preschoolers and their families

Shir Chadash Youth Choir rehearse with the Cantor

[She prefers] to call herself a Jew, plain and simple, without qualifying modifiers.

Continued from page 58

is unafraid to engage with people in conversations about God and questions of faith. When someone says “I don’t believe in God,” Annie likes responding with the rabbinic quip “I don’t believe in the God that you don’t believe in, either.”

For Annie Rose, the transition from Conservative Judaism, the branch in which she was raised, to Reform Judaism was unexpected but fulfilling. She still treasures her Conservative roots, and now that egalitarianism is accepted as a central tenet of the movement, she has no axe to grind with it. But her preference is to call herself a Jew, plain and simple, without qualifying modifiers.

Those who have seen but not heard Annie Rose will recognize her for her trademark, waist-length hair, worn in her signature style: top and sides pulled back into a single barrette at the crown; the rest flows down her back. The style has not changed over the years, but the color has gone from a rich, dark brown to its current salt and pepper. Her lyrical voice retains its colors of yesteryear. Annie Rose, the girl who once aspired to be the choir lady, now inspires others to be like Annie Rose.

Temple Beth Emeth is located at 2309 Packard Street, Ann Arbor, Michigan 48104. Shabbat services are held on Fridays at 7:30 p.m. For more information, including details on joining the choir and attending concerts and events in celebration of Annie Rose, visit www.templebethemeth.org.

Cantor Annie Rose with one of the many talented students in the High School Shir Chadash

Music Reviews

By Sarah Newland

SHAJAN
Deep Healing Elements
4

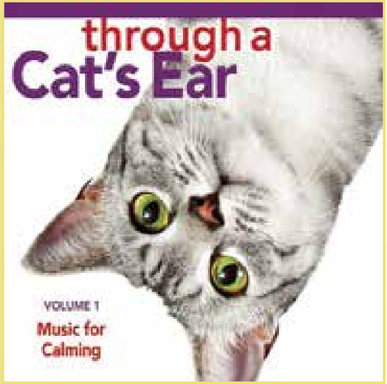
Deep Healing Elements cd
Music for Reiki and Meditation 4
By Shajan
Shajan's newest cd is an exploration of sublime soundscapes, ideal for relaxation, sleep accompaniment or massage. Weaving a soft, silken web of electronic tones, ambient textures, and flowing instrumental melodies envelop the listener with warmth and serenity. Some tracks feature discreet nature sounds, accentuating the music's connection with the four elements. Shelved with Reiki music.

DJ DREZ
JAHTA BEAT
CHANTING WITH TIGERS

Jahta Beat cd
Chanting with Tigers
By DJ Drez
When it comes to fusing chants with musical motifs of the underground electronic music scene, re-mixer and certified yoga instructor DJ Drez has few equals. Focusing on vibrations from India, he melds traditional instruments and chants with cyber beats and synthesizer shadings. This hybrid unites the soulful heart of the vocals with the ultra-modern appeal of downtempo, dub, hip-hop, and lounge genres. Shelved with World music.

NATIVE AMERICA

Native America cd
By Putumayo World Music
Haunting flute music and entrancing vocals reveal the power of contemporary Native American music from the U.S. and Canada. Liner notes feature a Navajo recipe. A portion of sales of this cd will be donated to the Seva Foundation, which helps prevent blindness and restore sight in American Indian communities. Shelved with Native American music.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VOLUME 1
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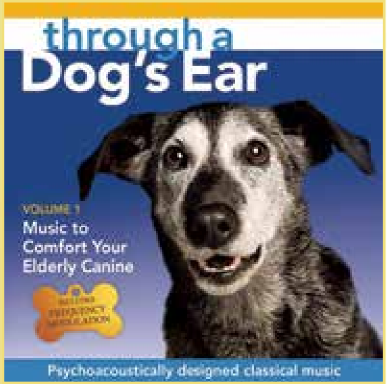
through a Dog's Ear
VOLUME 1
Music to Comfort Your Elderly Canine
Psychoacoustically designed classical music

Through a Dog's Ear cd
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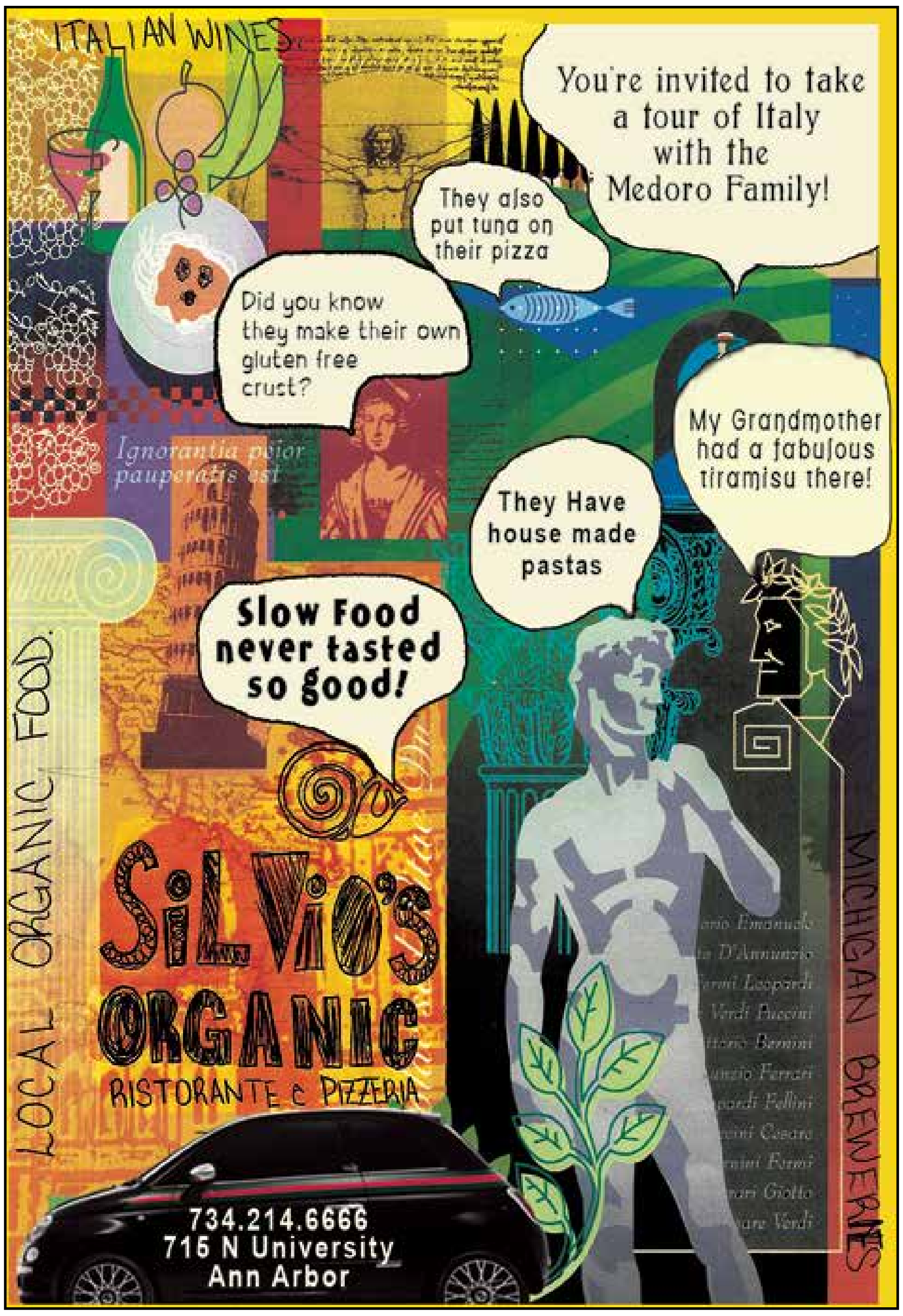
All these CDs are available for purchase at Crazy Wisdom!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ALL CREATURES GREAT AND SMALL

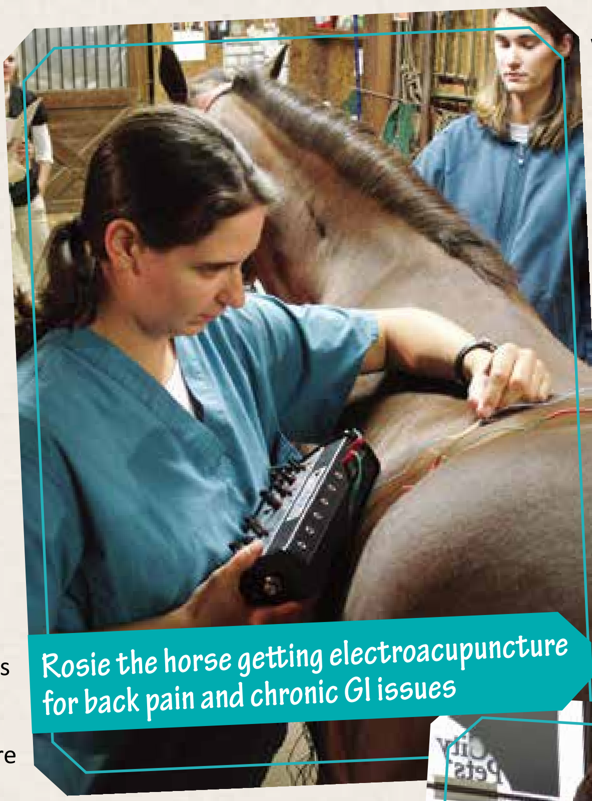
Traditional Chinese Veterinary Medicine (TCVM) — More Than Just Acupuncture

By Elizabeth Kruttlin, D.V.M.

> At my practice, improvement of quality of life in elderly pets is the most common request from owners seeking TCVM treatment for their pet, and TCVM makes working with these patients extremely rewarding.

While most people have heard of the Chinese medical practice of acupuncture, few recognize that it is only one of four different branches of TCVM, a medical system that has been used to treat animals for thousands of years. A practitioner of TCVM perceives disease as an imbalance in the body and takes into account all of the factors that may have led to that imbalance, including the patient's temperament, age, diet, and environment. The practitioner makes a diagnosis using both the patient's clinical signs and the underlying pattern of disharmony, and then combines four modalities of treatment to help regain balance in the body and restore health. The four branches of TCVM treatment include acupuncture, herbal medication, food therapy, and *Tui-na* (Chinese medical manipulation).

Acupuncture uses the placement of needles to stimulate specific points on the body to help restore harmony and regulate *Qi* (life energy) flow. Different forms of acupuncture include dry needle, electroacupuncture, aqua-acupuncture, hemo-acupuncture, and moxibustion. The majority of patients enjoy acupuncture and often fall asleep during treatment.



Rosie the horse getting electroacupuncture for back pain and chronic GI issues

> The four branches of TCVM treatment include acupuncture, herbal medication, food therapy, and *Tui-na* (Chinese medical manipulation).

Herbal medications are used in specific formulas to treat disease patterns. They are available in powder, pill, or even treat forms, and can also be used topically. The majority of herbal formulas are designed to be used for a three- to six-month treatment period, but the time frame of treatment will vary depending upon your pet's diagnosis.

Food therapy can be used to both treat and prevent disease using food energetics. Diets are tailored to fit you and your pet's lifestyle, from small amounts of foods added to your pet's current diet to complete, balanced, home-cooked meals without any commercial pet food.

Tui-na, a combination of acupressure, conventional massage, and chiropractic techniques, is used to promote circulation of *Qi*. *Tui-na* techniques are often taught to owners during an appointment to use daily at home to extend the healing effects of acupuncture and to deepen their connection with their pet.

TCVM treatment has many wonderful benefits:

- It can be used to treat almost any condition that may affect your pet, including skin allergies, chronic diarrhea, seizures, behavioral issues, cancer, bladder stones, arthritis, liver disease, asthma, kidney disease, diabetes, and hyper- or hypothyroidism.
- It has minimal side effects.
- It can be safely used in conjunction with most medications your pet may be taking and can also help you to decrease or even wean your pet off of certain medications with harmful side effects.
- It can be used in exotic species that have few medications available for treatment such as rabbits, reptiles, and birds.
- The entire body is taken into consideration during treatment, making it possible to treat multiple medical issues during each session.

Katie Emma, a 14-year-old yellow Labrador, was showing signs of weakness in her rear limbs and was referred to my practice for acupuncture treatment. During her initial TCVM exam, her owner mentioned that Katie Emma had been showing signs of anxiety for over five years, including following her owner around constantly while she was in the house and waking up almost every night panting and nervous. Her owner was reluctant to leave home because of Katie's extreme anxiety and had not been able to sleep through the night in many years. Katie was also overweight and had trouble standing for long periods of time.

Katie was given a TCVM pattern diagnosis of Yin Deficiency, which occurs when the body has a cold deficiency, and causes panting, anxiety, and sleeplessness. Her treatment plan included electroacupuncture treatment and two herbal formulas for her anxiety, hindquarter weakness, and Yin Deficiency, and *Tui-na* techniques for her owner to do twice daily at home to help reduce anxiety and support her rear limbs. Additionally, her owner chose to switch her to a home cooked TCVM diet based on food energetics for Yin Deficiency.

At Katie's second visit one week later, her owner stated she was amazed at the immediate improvement. She had slept through the night every single day that week, was no longer following her owner around the house, and her panting was almost non-existent. Katie was also standing for longer periods of time and was more comfortable. Over the next few months, Katie continued to improve and lost over 10 pounds on her new diet. Katie's response to treatment illustrates how well TCVM works on multiple medical issues, as well as how it can be used to treat issues for which Western medicine has few treatment options.

At my practice, improvement of quality of life in elderly pets is the most common request from owners seeking TCVM treatment for their pet, and TCVM makes working with these patients extremely rewarding. Owners can't wait to tell me how their dog (who spent most days lying around the house because he or she was too sore to move) now greets them at the door every day, or how their cat is using the litter box again because he or she can lift its legs high enough to step inside. Owners are happy to have the option of using TCVM in addition to their current medications or as a sole therapy, and they enjoy being able to participate in their pet's care by using *Tui-na* or cooking special recipes.

Pomeranian Cindy Lou receiving electroacupuncture for shoulder pain

TCVM treatment provides a holistic approach to your pet's healthcare, and, while each of the four treatment branches is powerful and can be used individually, combining all aspects of TCVM treatment yields amazing results.

> The entire body is taken into consideration during treatment, making it possible to treat multiple medical issues during each session.

Elizabeth Kruttlin, D.V.M., M.S., C.V.A., graduated from Michigan State University in 2003, and went on to complete the veterinary acupuncture certification course at Chi Institute in Florida. Over the past 10 years, she has taken multiple advanced TCVM courses focusing on Tui-na, *food therapy, and herbal medicine. She is the co-owner of Blue Water Equine Hospital and owner of Michigan Veterinary Acupuncture. She is currently accepting new patients at City Pets Vet Clinic in Ann Arbor. For more information, please call (734) 929-4071 or email mivetacupuncture@outlook.com.*

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By Sarah Newland,
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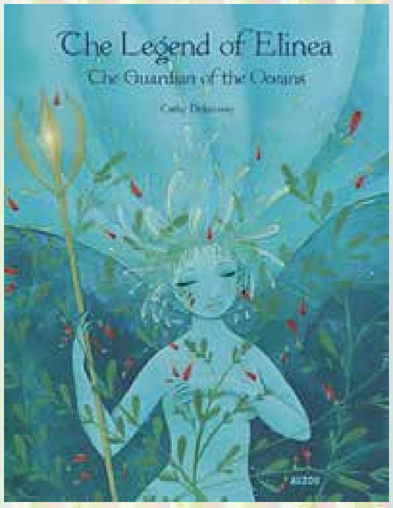
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The Guardian of the Oceans
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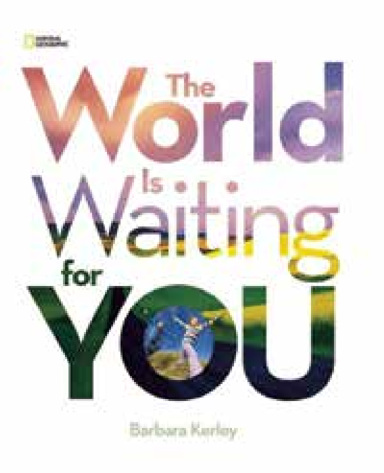
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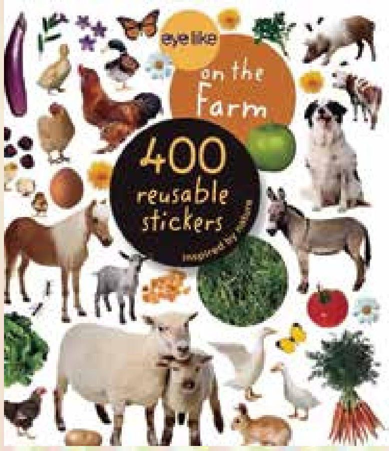
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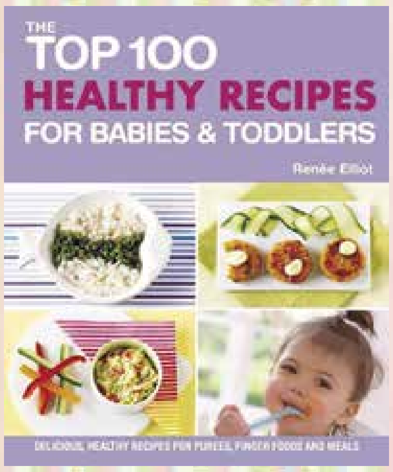
THE TOP 100 HEALTHY RECIPES FOR BABIES & TODDLERS
Renée Elliot
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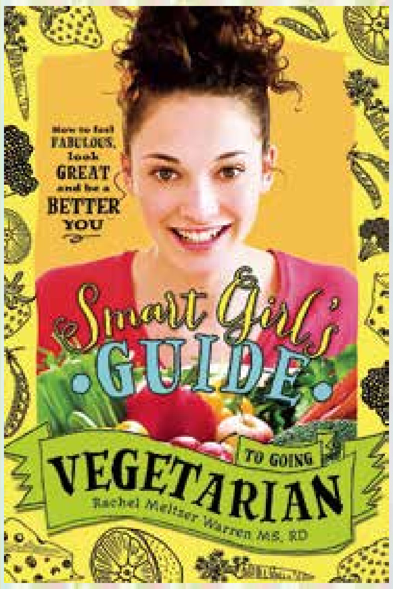
How to feel FABULOUS, look GREAT and be a BETTER YOU
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Rachel Meltzer Warren MS, RD

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By Rachel Meltzer Warren
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Conscious Parenting

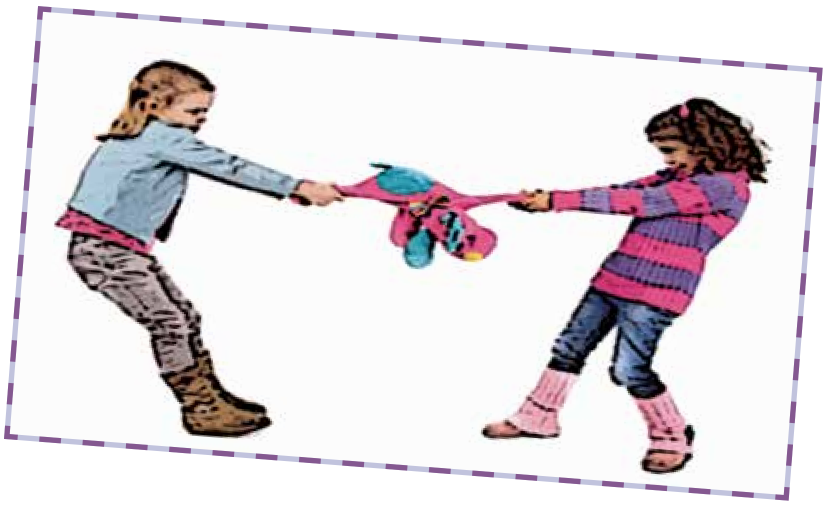
“NO! Mine!”— Helping Children to Share

By Catherine Fischer

Our children are good! They are inherently generous, sharing, and cooperative. You’ve probably enjoyed seeing your children share and take turns easily when they are feeling relaxed and connected. You have seen how very sweet and tender they can be.

So What’s Going on When They Have a Hard Time Sharing?

When children have trouble sharing, it’s often not really about the item at hand — the doll, the truck, or whatever it is they feel they need to have “right now.” It’s also not a flaw in their personality; in fact, it’s not their personality at all. There’s an emotional tension that underlies problems with sharing. These problems can arise when children haven’t been feeling connected or because something has happened to remind them of a time when they felt afraid or alone.



> There’s an emotional tension that underlies problems with sharing. These problems can arise when children haven’t been feeling connected or because something has happened to remind them of a time when they felt afraid or alone.

I invite you to consider your children’s difficult moments with sharing as a signal to you that they need to reconnect with you and possibly offload some stored feelings with a cry or a tantrum.

We deeply love our children, but their sense of connection is fragile and often breaks. Sometimes this is because we are busy with the daily demands of feeding and physically caring for our children, not to mention the pressures and worries of work and other aspects of day-to-day living. *We* know we are there for our children, but sometimes they don’t feel it. Sometimes it takes slowing down and being physically close and attentive — with eye contact, a warm tone of voice, and other non-verbal signals — for our children to regain their sense of connection.

Children who are feeling alone or scared can’t be flexible or respond to our verbal communication until they feel reassured and reconnected by our nonverbal cues. Once the connection is re-established, they may then feel safe enough to release their feelings with a cry or tantrum.

All parents have to handle difficult moments around sharing. So how do we help our children in these moments of difficulty? Here are two policies that you may want to introduce with your children and in your playgroups. These policies involve setting limits first and then following up with listening.

> We deeply love our children, but their sense of connection is fragile and often breaks.

Steps for Handling a “Sharing Emergency”

- First, don’t enforce turns right away unless there are safety concerns with the number of children. If a child is playing with a toy, then he can have it until he is done playing with it.

- Second, offer to stay with the other child while she waits, then stay close and listen to what comes up for her.

If you think of a child’s difficulty with sharing as a signal that she is feeling alone or scared, then you can see how enforcing turns with time limits or making one child “be nice” and share unwillingly doesn’t address the underlying need. If other children will be safe while you pay attention to the child having the difficulty, one strategy that works very well is to say to the child, with kindness and warmth, “So-and-so is playing with that toy now, but I will stay with you while you wait. When so-and-so is finished, then you can have a turn.”

Often this is enough for the child to begin to cry or tantrum. If you can stay close and be warm and encouraging while the child cries or tantrums, she will offload whatever the feelings are that are making her tense. This can be challenging for us as parents, but when we are able to do this, we can see the difference it makes for our children.

When Both Children Are Having a Hard Time Sharing

Sometimes, when more than one child is feeling disconnected and tense, there will be a longer, mutually tense battle over a toy. In this case, the child who has the toy and is allowed to play with it for as long as he likes plays with it rigidly (and usually without enjoyment) and protects it so that he doesn’t have to share with the child who is waiting. In this case, you can plan for a more long-term fairness. Say that tomorrow, or after lunch, or whenever the next time is, the child who is waiting will have the first turn (sometimes it continues to center around the same toy but may shift to something else, like who goes first on the swings) and you will be with the other child while *he* waits. This is a lot of listening, but it may be what your children need.

> Having a chance for someone to listen to you is important because of all the listening you do with your children.

When You Arrive on the Scene of Full Blown Conflict

When the conflict over a toy is already full blown by the time you can get there, try putting your hand on the toy so that neither child can pull it away. Offer to listen to them and encourage them to figure out what to do. They may both have some big feelings! But as those feelings dissipate, so will the tension, and, if you can stay calm and listen, you may be surprised by the solution they come up with on their own.

Who Will Listen to You?

Having a chance for someone to listen to *you* is important because of all the listening you do with your children. The approach that I teach includes setting up listening partnerships with other parents. During a listening exchange, you get to speak about your challenges and successes as a parent without interruption or advice. You can examine what it’s like for you to listen to your child when she is upset. Did anyone ever do that for you? What was it like for you when you had to share as a child? What is it like now? Having a chance to talk about all of this to a warm and caring listener and then in turn listening to him or her can make it possible to go back and listen more and better to our children.

Catherine Fischer, M.A., C.P.D., is the owner of Support for Growing Families, L.L.C., offering birth and postpartum doula care and parenting classes. For information on upcoming events and seminars, visit her website supportforgrowingfamilies.com or email her at Catherine@supportforgrowingfamilies.com.

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Animal Educators

The Creature Conservancy Provides a Home for Animals and Educational Opportunities for the Community

By Karen Foulke Larson

> If visitors attend an event at The Creature Conservancy, what awaits them is much more than just seeing animals behind fences. In the education center, audiences can view the animals up close and, in some cases, even touch them.

> In 2005, a ten-pound alligator was left in a crate at the doorstep of the Animal Kingdom Veterinary Hospital.... The Marshs decided to give Al a home, and his arrival eventually led to the creation of The Creature Conservancy...

Zoos provide opportunities to see unique animals, but where can children and adults go to touch exotic animals and ask questions about them? The Creature Conservancy, an Ann Arbor-based nonprofit organization, provides that type of hands-on learning experience for children and adults.

The Creature Conservancy is located on Ann Arbor-Saline Road in the Copper Leaf Crossing Complex. Visitors driving by may stop to walk around the grounds, intrigued by the animals that are visible behind fences. They can see the fuzzy white Arctic fox, the colorful peacocks, and the barking deer. However, the majority of the animals, and arguably the most interesting ones, cannot be seen by an impromptu visit. Most of the habitats can only be viewed at special events. Other animals' visibility is dependent on the season and/or the time of day, since most of the animals are brought indoors at nighttime.

If visitors attend an event at The Creature Conservancy, what awaits them is much more than just seeing animals behind fences. In the education center, audiences can view the animals up close and, in some cases, even touch them. It is a memorable experience for visitors of all ages and a chance to ask questions and learn about how animals live in the wild.

The Creation of The Creature Conservancy

In 2005, a ten-pound alligator was left in a crate at the doorstep of the Animal Kingdom Veterinary Hospital. No explanation was given, but the staff speculated that the alligator was getting too large, too aggressive, and/or too expensive for his owner to keep.

At the time, there were few options for a homeless alligator. Zoological societies received animals frequently that owners regretted having as pets. Because Al was not afraid of humans and associated them with food, releasing him in a swamp would have been a potentially dangerous mistake.

Steve Marsh and his wife, Dr. Vicki Daldin Marsh, own Copper Leaf Crossing, a 23-acre complex which houses the Animal Kingdom Veterinary Hospital, a medical facility specializing in exotic animals, as well as groomers, a boarding facility, and a dog park. The Marshs decided to give Al a home, and his arrival eventually led to the creation of The Creature Conservancy, which now occupies approximately 17 of the acres.

Soon Al was joined by a sloth rescued from a trailer park, a macaw whose owner never returned to pick him up from a boarding facility, ball pythons found in a dumpster, and iguanas found loose on the University of Michigan campus.

"It is easy to buy exotic animals online," said Steve Marsh, the head curator of The Creature Conservancy. He said that exotic animals often just get recycled in the pet market.

Kim Ellis, Vice President of The Creature Conservancy and Mammal Curator, said, "People feel like they can tame an animal if they get it as a baby." Of course, that isn't the case. You can't change the nature of an animal.

One owner didn't realize the many reasons that a fox is not meant to be a pet, and a fluffy white Arctic fox named Burton came to live at The Creature Conservancy once his owner realized his mistake.

Marsh cautions that you have to "be careful about being too judgmental" about the pet owners who decided to purchase wild animals. He said everyone needs to think long and hard about all the factors involved in pet ownership before getting any type of pet.

Each creature has an interesting story of how it found its home at the Conservancy. The macaws were all previously pets. Owners relocated them for a variety of reasons — economic rescue, divorce, and a relative moving in who didn't like their noise.

Life span is another factor that people often forget to include in their decision-making. Macaws may live 25 years, and a tiny little tortoise can grow up to be quite large and live 40 to 50 years.

Most of the animals are rescues, but The Creature Conservancy has acquired some animals to meet teaching goals. For example, giant toads and legless lizards are teaching tools for learning about the disruption of the ecological balance.

The Creature Conservancy also has exchanged animals with The Columbus Zoo. Two polecats are the newest additions from the zoo. The Creature Conservancy's setting has some advantages for presenting animals, like a defined space, a constant setting, and the ability to have an animal in front of an audience for a short amount of time.

Commitment to Education

Even before The Creature Conservancy was started, Marsh used his work at Copper Leaf Crossing to educate the public. The nonprofit's mission is "to work within our community to create personal connections between people, animals, and their shared environment. By bringing humans and animals together in educational settings, we hope to cultivate a greater appreciation for the animals with which we share this planet."

In addition to educational events and tours, The Creature Conservancy hosts birthday parties as fundraisers. The birthday guests can choose from a long list of animal party guests. Ellis points out that people often choose the kangaroo or a sloth, but they may be even more fascinated by the opossum or a reptile and their roles in the ecosystem. Making a connection with animals helps people increase their awareness of conservation. Marsh said that, after meeting Pete the skunk, he hopes visitors will think differently the next time they see a skunk in the wild.

Photo by Caroline Snijder

As the vice president and mammal curator of The Creature Conservancy, Kim Ellis wears many hats, including serving as volunteer coordinator and photographer.

> Kim Ellis said, “People feel like they can tame an animal if they get it as a baby.” Of course, that isn’t the case. You can’t change the nature of an animal.

Marsh tailors his presentations to the attention span of the audience, but he clearly has a wealth of information and a passion for education. He enthusiastically takes questions and leaves his audiences with a new appreciation for the animals he introduces.

Home Sweet Home

So what does it take to feed and care for such a diverse group of species? A tremendous amount of food and hundreds of volunteers ensure the animals thrive. The organization is always grateful for monetary donations, food donations, and items from their wish list, which includes food, toys, cleaning supplies, and more.

It takes approximately 120 to 150 pounds of food per day to feed all the animals. That's an average of sixty individual meals per day (factoring in reptiles who eat less frequently, and about fifty meals per day just for the mammals and birds).

Continued on page 68

Visitors to The Creature Conservancy events are fascinated by the two-toed tree sloths, like Annie and her baby, Quimby. Quimby now has a new home at The Columbus Zoo.

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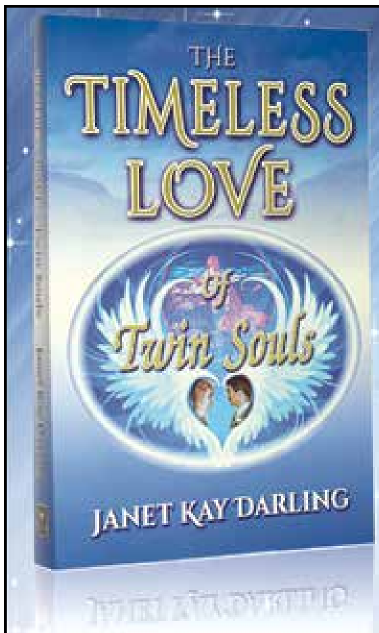

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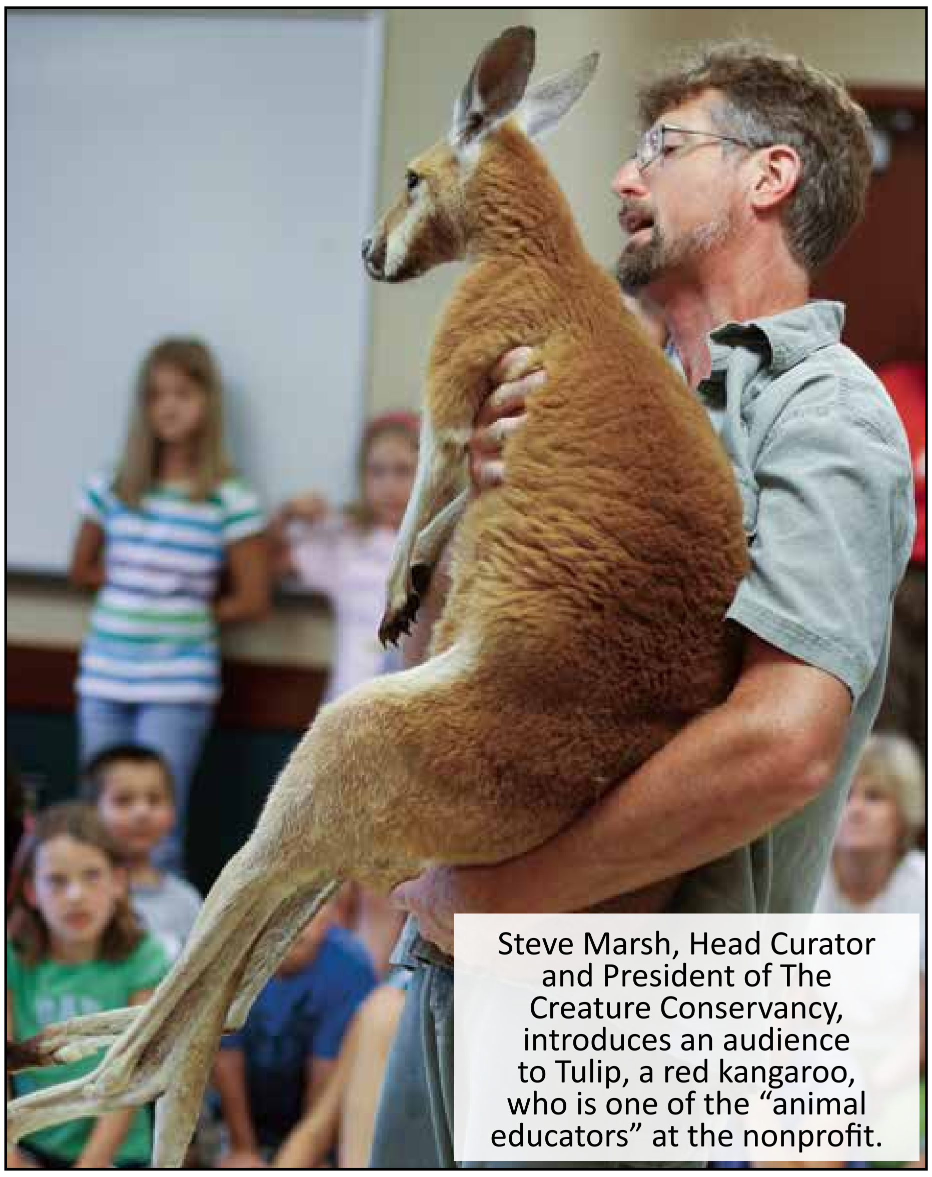
When The Creature Conservancy presented animals at the Ann Arbor Hands-On Museum’s Creature Feature, kids and adults met ninety animals, including:

- Emu
- Red Kangaroos (2)
- Parma Wallaby
- African Crested Porcupine
- Aldabra Giant Tortoise
- African Spurred Tortoise
- American Alligator
- Alligator Snapper
- Common Snapper
- Burmese Python
- Boa Constrictors (4)
- Macaws (7)
- Giant Toads (11)
- Three Banded Armadillos (2)
- Gila Monsters (2)
- Blue-tongued Skink (2)
- European Legless Lizards (3)
- Hissing Cockroaches (322)
- Ball Pythons (10)
- Fire Salamanders (~30)
- Emperor scorpion
- Clawed Frogs (6)
- Opossum
- Green Iguana

Creature Conservancy

Continued from page 67



Steve Marsh, Head Curator and President of The Creature Conservancy, introduces an audience to Tulip, a red kangaroo, who is one of the "animal educators" at the nonprofit.

> "I'll never forget the time Steve arrived for a library program for children with his newly adopted young kangaroo named Tulip. The care and tenderness he showed her, along with the knowledge he had, was so impressive and touching. The Creature Conservancy serves as an excellent model for teaching respect of the natural world and all its fascinating creatures."
>
> –Laura Pershin Raynor, Youth and Adult Services Librarian, Ann Arbor District Library

Whole Foods Market Ann Arbor on Washtenaw Avenue has been donating food three nights each week. That donation is a huge help, especially since it is the only food donation that is received on a regular basis. The Creature Conservancy purchases about eighty to one hundred pounds of produce per week, as well as all the dry feed for animals like turkeys, emu, and swans, plus pellets for kangaroos/wallabies and supplemental grain for the deer. Often, special events at the education center include a request for visitors to bring food for the animals to help with this enormous expense.

As a nonprofit without any paid staff, it would be impossible to keep a program of this scale open without dedicated supporters and volunteers. Animal Kingdom Veterinary Hospital, where Daldin Marsh is one of the veterinarians, donates the building space, utilities, and veterinary services, and many staff members volunteer their time on their days off from work.

> In addition to educational events and tours, The Creature Conservancy hosts birthday parties as fundraisers. The birthday guests can choose from a long list of animal party guests.

Steve Marsh and Kim Ellis are responsible for the most volunteer hours with their efforts seven days a week. Both are modest about their roles and instead prefer to talk about the team effort.

Ellis, who also serves as the volunteer coordinator, praised the volunteers and their roles. The number of volunteer hours a week can easily reach 250, with approximately 100 hours of that time devoted to preparing food and feeding the animals. Volunteers come from a variety of lifestyles, including college students, professionals, and retirees who all share a love for taking care of animals.

Marsh and Ellis have long lists of duties and are dedicated to the care of the animals, but neither of them are satisfied with just maintaining what already exists. They both work hard to improve the habitats for the animals and the educational experiences of the visitors.

> Life span is another factor that people often forget to include in their decision-making. Macaws may live 25 years, and a tiny little tortoise can grow up to be quite large and live 40 to 50 years.

Growing Into a New Space

One of those improvements was a new indoor habitat for Al, the alligator brought to Animal Kingdom in a crate. He has grown since his arrival on the doorstep eight years ago and is now fifty pounds and five feet five inches. His new home is a beautiful space designed by Marsh, with a pond dug by Eagle Scouts. The walls are built from one-hundred-year-old recycled stall wood, and Marsh hammered each board in place himself. A boardwalk provides a space for Marsh to present information to people visiting Al. Rain water fed from a steel roof flows into his 3,000-gallon pond. Al loves his new home, which he moved into March 2013, giving him ample room to swim for the first time. He even started behaviors that were new for him like vocalizing.

The kangaroos, Tulip and Maybelline, also moved into their new enclosure in April 2013, and Marsh has plans to add viewing areas.

Camps at The Creature Conservancy

The Creature Conservancy offers week-long summer day camps for kids with opportunities for hands-on experience with exotic animals and science-based learning. Animal adaptations, social behavior, habitats, and conservation are part of a curriculum that is enhanced by visits with more than fifty different species of "animal educators."

Five-year-old Jacob Carbone attended the half-day camp for kindergarteners last July. He loved it so much that he told his mom he wants to go back this summer for a two-week camp. His mom Debbie said, "I was very pleased that the camp not only taught the children about animals but they also incorporated games and art projects into the daily activities. The children were involved in many aspects of the camp, ranging from preparing the foods to feeding the animals to learning about their habitats and characteristics."

> The Creature Conservancy purchases about eighty to one hundred pounds of produce per week, as well as all the dry feed for animals like turkeys, emu, and swans, plus pellets for kangaroos/wallabies and supplemental grain for the deer.

The Creature Conservancy offers week-long summer day camps for kids with opportunities for hands-on experience with exotic animals and science-based learning.

Julie Gales' daughters, Emma and Sophie, both loved camp. Gales said, "Our four-year-old attended a half-day camp last summer and came home bubbling with excitement each day. She loved Abner the emu, Tulip the kangaroo, and the two wolf pups. Her favorite time of the day was watching the animals get fed! I really loved how engaged she was from the minute she arrived until we picked her up at the end of each day."

Gales' family has had many positive experiences with The Creature Conservancy. She said, "We have gone there for adult birthday parties and for Girl Scout field trips. It is always fun to see the animals and learn something about their habitat and their ecological needs."

Some schools have started choosing field trips to The Creature Conservancy instead of trips to area zoos. Ellis said that's because visits include "an opportunity to see it, hear it, touch it, and ask questions."

The first grade of Woodland Meadows Elementary in Saline has visited The Creature Conservancy for field trips for the last four years. First grade teacher Betsy Marl said, "Going to The Creature Conservancy is an amazing field trip right in our own community. As we get off the bus, we are often greeted by animals strolling around the grounds. The children have a rare opportunity to meet, touch, and learn about many exotic animals. Steve and countless volunteers do a wonderful educational presentation stressing the animals' habitat, homes, diet, and the extensive care that many of them require. It's a field trip that will long be remembered by our first graders."

Some schools have started choosing field trips to The Creature Conservancy instead of trips to area zoos. Ellis said that's because visits include "an opportunity to see it, hear it, touch it, and ask questions."

She added, "The changes that have taken place at the Conservancy each year have been phenomenal. Each year gets better and better and we meet more new animals."

The Creature Conservancy hosts several annual fundraisers, including a "Spooky Species" event that features classic Halloween animals like owls, ravens, and bats. On Valentine's Day there is a Creature Courtship event for adults that provides interesting facts about animal courtship and procreation.

Many Creature Conservancy events have a suggested age for attendees, keeping in mind the attention span of the audience and the need for audiences to remain calm and quiet so that animals aren't startled. Until recently, there hadn't been opportunities for preschoolers, but The Creature Conservancy is trying a new weekly program especially for children ages two to five and their parents.

Ellis said that the children's interest in animals often motivates parents to learn more, and in some cases the kids are the educators. She recalled a conversation where a parent considered getting a turtle, and the young daughter countered, "Mom, that is a wild animal that lives for fifty years."

Until recently, there hadn't been opportunities for preschoolers, but The Creature Conservancy is trying a new weekly program especially for children ages two to five and their parents.

Traveling Guests

It is possible to meet some of the Conservancy's animals without going to their education center. The Creature Conservancy is a regular guest at The Ann Arbor Hands-On Museum's Creature Feature fundraiser every October. Last year they brought 90 animals representing 28 species to the event! They also introduced people to over 300 Hissing Cockroaches.

The Creature Conservancy also does presentations for libraries, school groups, and companies by bringing animals to off-site locations. Marsh and the animals are often guests at The Ann Arbor District Library, with some programs for a younger audience and other events strictly for teens and adults. Laura Pershin Raynor, Youth and Adult Services Librarian, Ann Arbor District Library, said, "I'll never forget the time Steve arrived for a library program for children with his newly adopted young kangaroo named Tulip. The care and tenderness he showed her, along with the knowledge he had, was so impressive and touching. The Creature Conservancy serves as an excellent model for teaching respect of the natural world and all its fascinating creatures."

The library also hosts events specifically for teens and adults where they bring animals that can't normally handle larger, loud crowds of children. Erin Helmrich, Teen and I.T. Production Librarian, said, "The special programs that The Creature Conservancy offer for the teens and adults at the library are spectacular! ...Steve is able to share tremendous amounts of detailed and fascinating animal information and offer a more intimate, and at times, hands-on experience."

Whatever the venue, the audience soon learns that these extraordinary animals that were once in need of permanent homes are more than tenants at The Creature Conservancy. They are educators teaching children and adults how to make informed decisions about choosing a pet and ambassadors bringing humans, animals, and nature together.

The Creature Conservancy is located at Copper Leaf Crossing, 4940 Ann Arbor-Saline Road, in Ann Arbor. The campus is open for self-guided walking tours as well as scheduled, docent-led tours 10:00 a.m. to 6:00 p.m. on weekdays, and 10:00 a.m. to 2:00 p.m. on Saturdays. For more information about The Creature Conservancy's upcoming events, signing up for a guided tour, volunteer needs, and their wish list, visit www.thecreatureconservancy.org or leave a message at (734) 929-9324. Camp registration starts in February.

Eastern indigo snakes are an endangered species. This one, named Jett, is part of a captive breeding program at The Creature Conservancy.

New, Fun, and Just Plain Cool

Crazy Wisdom Kids in the Community

If you'd like to be considered for inclusion in the next Crazy Wisdom Kids column, please contact our columnist at cwkidscolumn@crazywisdom.net. The deadline for submissions for the September 2014 issue is July 1, 2014.

By Nieka Apell

Humane Society of Huron Valley, Humane Education Programs

People familiar with the Humane Society of Huron Valley (HSHV) know about their award-winning success in placing homeless animals and reuniting lost pets with their families. What some may not be aware of are the numerous children's programs and activities — including tours, field trips, and volunteering opportunities — coordinated by Karen Patterson, Director of HSHV's Department of Humane Education.

"I noticed they didn't have a Humane Education Department and I really saw a need for it."

–Karen Patterson, Humane Society of Huron Valley

Patterson had worked as an elementary school teacher for about ten years when she began to feel it was time to change paths. "I have always enjoyed working with children, and I have always had a strong passion for animals and animal welfare," she explained. "I felt a need to do something different. One day I did a Google search for careers for people with interests like mine. I found information on veterinary science and animal behavior and I knew those didn't quite fit." Then Patterson landed on the website for the Humane Education Program through Valparaiso University. "It was the perfect fit," she said. "It combined my teaching background and my desire to work with children with my desire to help animals."

Patterson completed her master's of humane education in 2008. At the same time, Patterson had started volunteering at HSHV. "I noticed they didn't have a Humane Education Department and I really saw a need for it. There were tours and people very interested in humane education, but not a staff or organized program," she said. Patterson began talking with HSHV Board members about the possibility of creating one. In 2011, the Board approved the department, and Patterson became its director.

With the help of part-time staff person Alex Ball and numerous volunteers, Patterson coordinates a wide range of increasingly popular programs for young children, youth, and families. "The response from the community has been overwhelmingly supportive," said Patterson. "It's clear now that there was a strong need and desire for this. Every program we offer sells out — some within just hours! But that's a good problem to have."

Although the range of programs is diverse, a common goal is simply to bring new people into the shelter. Patterson explained, "Many people have a mental image of shelters as depressing, cement buildings full of sad, lonely animals. When people come here, they are pleasantly surprised by what they find," she said, adding that HSHV opened their new facility in late 2009. For example, Patterson said that when children and their parents come to HSHV for a birthday party, they are impressed with the animals' standard of care and comfort. Birthday parties include a shelter tour and education about the shelter and its programs, a craft project, such as a dog bandana or cat toy that children can leave with the animals, an interaction with one or more shelter animals, and the opportunity to choose a name for an adoptable animal. Patterson said that reviews of the parties have been universally positive. "Not only do kids love the parties, but our costs are often lower than other party venues and many people feel good about giving their money to a nonprofit rather than a traditional party place," she said.

Increasing numbers of children in the Boy and Girl Scouts have taken advantage of HSHV's field trip program, which is geared toward helping the scouts earn patches and badges. Patterson said that scouts often collect donations as part of a service project; these children are then featured on the shelter's "Kind Kids' Corner" webpage, which highlights children who provide goods and services to the shelter. Scouting field trips last for about two hours and also include education, a shelter tour, a craft for the animals, and interaction with adoptable dogs and cats. Tours and field trips are also designed for homeschool groups and school classrooms for grades Kindergarten through eight. In addition, HSHV will bring an animal educator to school classrooms or groups to present on topics such as basic animal care, choosing a pet, and animal welfare. "We can tailor presentations for the age of the children and for their interests," said Patterson. "We can help the field trips and presentations fit the Michigan curriculum and the teacher's needs."

Other programs for younger children include the monthly "Little Paws" storytime at Nicola's Books. Designed for children ages 3 to 5, the storytime includes an animal-themed story, craft, and a visit from an adoptable animal. Patterson said that pre-registration is not required for these free storytimes, which take place at 11 a.m. on the third Saturday of each month.

Pre-registration is required for the very popular "Pets and Pajamas" movie nights held monthly at the Humane Society. Children ages 5 to 11 are invited to wear pajamas and bring their sleeping bags, pillows, and stuffed friends to enjoy animal-themed fun from 5:00 to 9:00 p.m. Humane Society staff and volunteers share information about the shelter and guide children as they interact with adoptable animals. "It's a really special time," explained Patterson. "The children go to visit the animals, wish them good night, and help us turn out the lights. It's very sweet." Once the animals are tucked in, children enjoy a vegetarian dinner and an animal-themed movie.

The next Pets and Pajamas movie night will feature *The Lorax* on Friday, May 16. "This is a great way for children to learn a bit about our shelter and about animals and also for parents to get a night out, knowing their kids are safe and having a great time." The cost of Pets and Pajamas is $35 for the first child and $15 for each additional child in the family.

"The children go to visit the animals, wish them good night, and help us turn out the lights. It's very sweet."

–Karen Patterson on HSHV's "Pets and Pajamas" theme nights

Finally, for kids ages 4 to 11, there is Camp Paws, week-long half- and full-day summer camps held at the Humane Society. Camps are held from June through August and are filled with animal-themed activities and field trips. Highlights of a camp week might include visits with Great Lakes Zoological Society, Feral Foods C.S.A. (Community Supported Agriculture), and area wildlife rescue groups, such as Home Again Avian Rescue, the Detroit Zoological Society, and The Creature Conservancy. All sessions include information on caring for and respecting all animals. Patterson noted that this summer features a new two-hour camp day option for the youngest 4- and 5-year-old campers. Registration is open on the HSHV website and limited scholarships are available.

Patterson explained that for all these programs aimed at preschool and elementary-aged children, the goal is to educate about animals without taking a heavy-handed approach. "We are trying to build empathy and compassion from an early age. We know that when kids interact with animals from a young age, they learn the humane treatment not only of animals, but of people, as well," she explained. She emphasized that animal cruelty is also a serious problem for people. "It affects people, especially if children witness it from an early age. The more we can educate people about the treatment of animals — and of each other — the better. These are the things that keep me going!"

"We are trying to build empathy and compassion from an early age."

–Karen Patterson

One of the most popular programs at the HSHV is the Junior Volunteers (JVs). This program is for children ages 12 to 17 who want to volunteer independently at the shelter and with off-site programs. Students who enroll in the JVs must complete six, two-hour training sessions on topics including basic animal care, animal welfare, and animal training and handling. Once students have completed the training, they are eligible to work as shelter volunteers, walking dogs and comforting cats and helping at area events, such as Top of the Park and Art Fair. "This is a really unique program for our area and even across the country," said Patterson. "This is an age group with a huge need for meaningful volunteer opportunities. It remains our most popular program and sells out within ten minutes of our posting enrollment on our website every time." Patterson said that they open a new class for 35 enrollees every six weeks. "We have talked about expanding this program, but for now, we've decided we want to keep it small," she explained. "We want to maintain the intimacy. With a group of this size, I know everyone, and if we expanded it, I'd lose that connection."

Patterson added that the JVs also learn about other animal rights topics, including information related to zoos, aquariums, circuses, and factory farms. "We always keep information age appropriate," emphasized Patterson. "We want to provide a gentle awakening to these issues. Our goal is just to introduce relevant topics." Patterson said that she notices a lot of growth in the JVs as they train and volunteer. "I've seen youth who are very quiet who come here and make real connections with peers who share similar interests. They gain so much confidence," she said.

"Our message is that our daily choices make a real difference in the lives of people and of animals."

–Karen Patterson

The HSHV also has a partnership with the Washtenaw County Juvenile Detention and Day Treatment Center. The program, which started last October with a grant from the James A. and Faith Knight Foundation, brings youth from the facility to visit HSHV every other week to help comfort the animals and provide enrichment activities for them. The youth learn about proper care of animals, positive training for dogs (rather than punishment-based), and building outdoor shelters for animals. "For many of these kids, their week's behavioral goal may be to earn the privilege to come here. When they get here, they proudly tell us, 'We made it!'" Patterson and Ball also make weekly visits to the facility to present on topics such as pet safety, animal communication, and dog cruelty.

Patterson emphasized that the central message of all the Humane Education programs is both simple and profound. "Our message is that our daily choices make a real difference in the lives of people and of animals. We want to give lots of positive choices and opportunities to help animals," she said. "One of the most important messages we want to share, especially with children, is that it is absolutely okay to love animals. You are not alone if you love animals and you can come here to find others like you."

To get additional information about HSHV's Humane Education programs and activities or to register, visit their website at www.hshv.org under the "Programs" tab or call HSHV at (734) 662-5585. Director of Humane Education Karen Patterson can be reached at karenp@hshv.org.

Humane Society of
Huron Valley

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Crazy Wisdom Kids in the Community

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Dreamscapes Art Studio

Photos for Dreamscapes by Julie Morrison

Children's educator and artist Dolores Winn has more than ten years' experience as a preschool teacher and loves spending time with young children. Recently, however, she felt guided to combine her passion for art with her love of children and founded Dreamscapes Art Studio in Ypsilanti. "I started asking myself 'What am I doing in my life that is meaningful, that matters, that I can share with others?' I realized that I'm not like everybody else. I have this passion for art and for guiding and nurturing children as they discover their artistic process," Winn said. Dreamscapes, which had its grand opening March 1, offers private and small-group art lessons for children ages four to fifteen.

Dolores Winn
Cool Colors
Warm Colors

"At Dreamscapes, there aren't going to be specific projects. We'll learn together about techniques and media and basic elements of art and then we'll let the children work on their own ideas." –Dolores Winn, owner of Dreamscapes Art Studio

Winn, 31, was born into a creative family. Her brother and his partner own BootsNGus, a company that creates upcycled lighting from mason jars, and her sister sells vintage dresses. "I knew that founding an art studio — especially one that's different from what people are used to — would be difficult, and this has been one of the hardest things I have ever done. I realized that if my little brother can follow his passion, I can be brave and follow my own dreams. I have to be true to myself and follow this passion now," said Winn, who has an associate's degree in early childhood education from Washtenaw Community College and is in her final semester of a bachelor's degree in fine arts from Eastern Michigan University. She explained that two of her courses at Eastern helped turn her ideas about founding a children's art studio into reality. "I took 'Drama and Play and the Human Experience' and a ceramics class and suddenly I realized how much it means to me to have art in my life and to incorporate play and art into the lives of others," she said.

Winn acknowledges that her approach to guiding children in their artistic explorations is different from what many parents would expect when enrolling their children in art classes. The main difference, she explained, is that her students focus on the process of making art, rather than on the product. "So often, kids will attend an art class or a workshop and they start by seeing an example of the project they are supposed to do, and then every child uses the same materials to make that project. The colors used might be different, but the project is basically the same," she said. "At Dreamscapes, there aren't going to be specific projects. We'll learn together about techniques and media and basic elements of art and then we'll let the children work on their own ideas."

Winn admits that parents used to a more traditional art class might initially feel confused or even disappointed at the art their children bring home. "I reassure them that the process is more important —

Dolores Winn felt guided to combine her passion for art with her love of children and founded Dreamscapes Art Studio in Ypsilanti.

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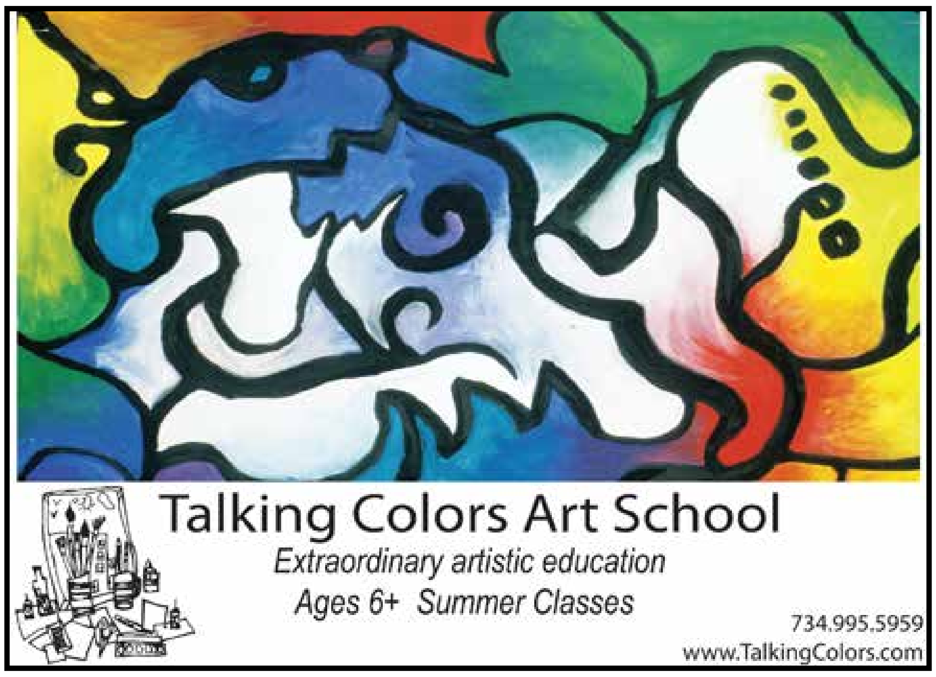
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especially at first — than the product. I need parents to know that when they see those first pieces come home, they shouldn't feel disappointed or sad," she said. "Experimenting with different media is just the first step in a wonderful process!"

A student's first lessons will combine experimentation and play with learning about the basic elements of art, including the color wheel and line. For example, a very early class might include "tall painting," an exercise in which children splash and pour different colored paints from a height onto a wooden canvas in order to observe color mixing and to start a discussion about primary and secondary colors. Winn explained that her inspiration for this lesson came from her observations of a more traditional children's art class. "The teacher gave the students their paints and the kids were just fascinated with mixing the colors and playing with them, but the teacher kept telling them *not* to mix up their paints, that they were making a mess, that they would wreck everything and end up with mud. That bothered me and I want to do something different," she said.

Other early classes start with observational drawing, while encouraging children to move and use their bodies as they draw. "The sketching is not just simple, realistic line drawing, although that will become more of a focus later on. I want kids to enjoy moving their bodies with the pencil. I want to incorporate exercises that show them that they *can* draw, that they can record their ideas, their dreams, their visions of the world in a way that allows them to show them to others." Expanding on this philosophy, she added, "There is no one way, no right way to draw something. If you tell a child there is one way and they don't see it that way or can't draw it that way, then you risk killing their spirit."

> **"This is not going to be a place where kids only use washable paints and foam stickers. I want kids to have the opportunity to create with real materials that are more adaptable."**
>
> **–Dolores Winn, owner of Dreamscapes Art Studio**

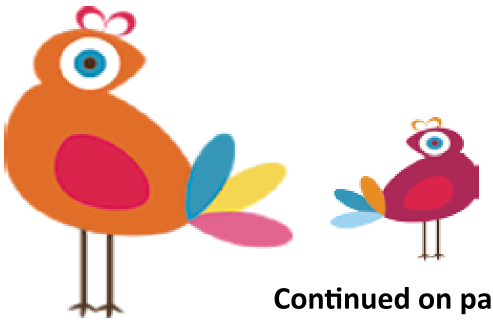
A passion for nature and the outdoors inspires many of Winn's lessons. "We'll bring in real insects for children to observe or we may do a flower study," she said. During the spring and summer, projects such as birdhouses and materials such as stones, twigs, and branches will encourage young artists to honor the earth. As children gain confidence in their drawing, Winn's lessons will expand to include more abstract ideas such as maps of favorite places, maps of their cities, cityscapes of imagined cities, and even maps or representations of their dreams. At the same time, children will be given the opportunity to work with different artistic media, including collage, clay, and sculpture. Winn added that using quality tools and materials is very important to her. "We'll introduce different types of paint, pencils, and brushes and talk about how they affect texture and different effects. This is not going to be a place where kids only use washable paints and foam stickers. I want kids to have the opportunity to create with real materials that are more adaptable," she said.

In order to maintain a very individualized approach to art education, Winn said that her classes will remain very small, with a maximum of five students. She said that the small class size is essential to her approach. "For me, each child coming here *is* the curriculum. I want to focus on the thought process and interests of each individual and meet them where they are," she explained. Winn incorporates some of the Reggio Emilia Approach in her teaching, which is a philosophy that encourages educators of young children to act as both guides and fellow learners. The method promotes multi-sensory learning with touching, moving, listening, seeing, hearing, and questioning from the teachers and the learners. "Children need to feel some control over their learning process," said Winn. "It's also really important for them to build relationships with the other children in the class and with their teachers."

Winn wants classes to be child-directed, where the teacher is a partner in their learning. "I want this to be their own dreams coming to life. There's a reason I've called my studio 'Dreamscapes.' I want to ask each student, 'What are your dreams?' and then I can help them explore and represent those dreams in order to record them and to make them visible to others," Winn said. In addition to creating artwork, her students will learn to talk with others about their pieces. Each child will manage their own art portfolio, choosing which works to include. Students will be given time to share works with others, talking about their choices of technique, methods, and messages. "After taking these classes, a student could have a really well-developed portfolio," said Winn. "They'll also have a great foundation for talking with others about their artistic processes."

Winn currently holds classes on weekends at her Ypsilanti studio. She plans to expand her offerings to include weekday summer classes and "Mommy and Me" and "Daddy and Me" classes. Her goal is to have a full-time children's art studio. The cost per two-hour class is $40. Winn said that while this costs more than a traditional larger-group art class, it is comparable to a private or semi-private music class. She is working to find scholarship support for students in need. Winn said that she has been encouraged by the overwhelmingly positive support she has received from the community. "I feel as if this is a small seed I am planting and the response I've gotten shows that it's very wanted," explained Winn. "I want to create a small, sacred space where every child can feel comfortable expressing themselves. Art is my way to help children on this journey."

Dreamscapes Art Studio is located at 2048 Washtenaw Road, Suite 3, Ypsilanti, Michigan 48197. For more information, visit their website at www.dreamscapesartstudio.com or email dreamscapesartstudio@gmail.com. Owner Dolores Winn may be reached at (734) 657-2474.



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Crazy Wisdom Kids in the Community

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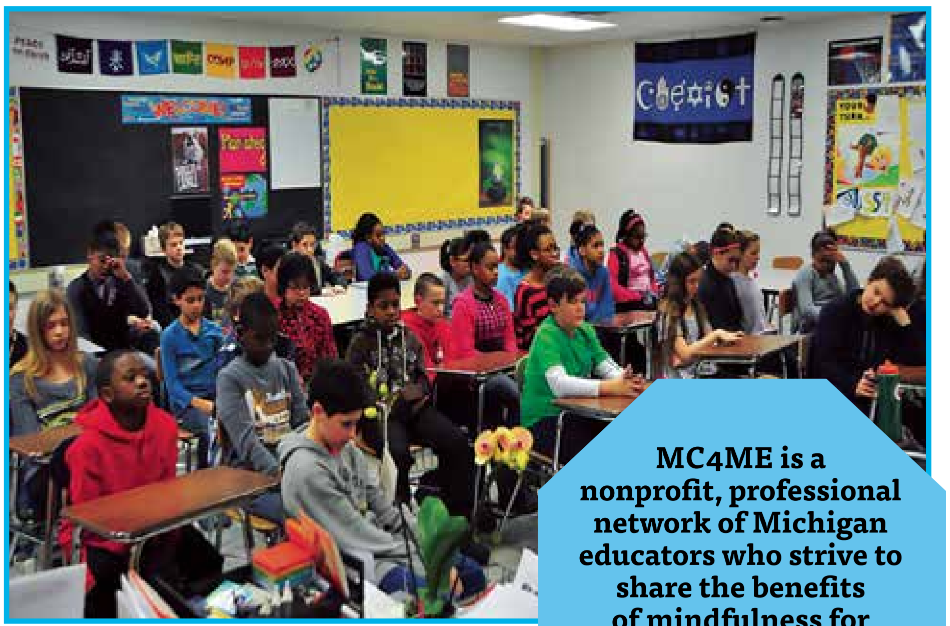
Michigan Collaborative for Mindfulness in Education (MC4ME)

Helping children grow into their best possible selves is certainly a fulfilling and rewarding experience for educators and parents. At the same time, working closely with children — especially those with special needs — can be very stressful. School psychologist and parent Mary Spence is uniquely aware of the stressors faced by today's teachers and parents. To help them cultivate skills for handling these inevitable pressures, Spence and several colleagues have recently founded The Michigan Collaborative for Mindfulness in Education (MC4ME), a nonprofit, professional network of Michigan educators who strive to share the benefits of mindfulness for students, families, and educators.



MC4ME is a nonprofit, professional network of Michigan educators who strive to share the benefits of mindfulness for students, families, and educators.

At its core, mindfulness, according to Spence, is "the idea of being fully present in this moment, giving your full attention to what you are doing." In addition, it incorporates an attitude of non-judgment. She explained, "Mindfulness requires having undying curiosity for what's happening in that moment, both within yourself, within your own body and mind, and within the situation around you."

Kristin Ervin facilitates a mindfulness lesson at Berkshire Middle School.

Spence's interest in mindfulness comes from her own life experiences both as an educator and a parent. Currently in her eighth year as a school psychologist in the Ann Arbor Public School District, Spence has a Ph.D. in psychology and a background working in corrections. For many years, she worked with children with significant disabilities through the Washtenaw Intermediate School District (WISD). In addition, Spence said she herself has a child with a disability. "I feel like I have a unique perspective on the stresses and issues associated with working in special education," said Spence. "I have worked in the interface between teachers, parents, students, and psychologists and I have been that parent myself. I'm certainly not here to be critical of the Ann Arbor Schools or of the public schools at all. What I know is that being a parent of and a professional working with children with special needs is really, really stressful." She said a main goal of the mindfulness curriculum is "to create a culture and atmosphere within schools that is less stressful for the kids to learn in and less stressful for the educators to teach in. When things get too stressful, synapses stop firing and no one functions well."

"I have worked in the interface between teachers, parents, students, and psychologists and I have been that parent myself."

– Psychologist and MC4ME founder Mary Spence

Spence explained that the stress and anxiety faced by students, parents, and educators alike comes from a variety of factors that can be mediated by mindfulness training. "No matter how skilled an educator is, there are limitations on our own ability to help with the suffering we see around us. For educators and parents working with kids with disabilities, that suffering can be profound," she said. "It is absolutely not a coincidence that the divorce rate is so much higher in families with children with special needs."

Daily life can also be overwhelmingly stressful for a child with special needs. Spence said:

> Much of their day is hard for them. For some, their parents and their teachers try hard to make life easier for them. When you have a child with a disability, it can be natural to try to make life easier, to smooth things over for them. But what can happen is that these kids learn limited skills for handling frustrations, and their lives are certainly full of frustrations. Mindfulness training can help them pause, reflect, and think about how they are feeling before things spiral out of control.

When people find themselves becoming frustrated, they often assume either that they have done something wrong or that someone else is doing something wrong. "Our initial approach is often judgmental," she said. "A mindfulness approach would encourage one to have a non-judgmental curiosity about what's happening to me in that situation. One can ask, 'How do I want to look at this to be of most benefit to this situation?' It also encourages being compassionate to yourself and to others and having a generous heart."

Although the concept of mindfulness in education may be new to some, Spence said that the Mindfulness Based Stress Reduction program, one of several mindfulness curricula offered by MC4ME, was developed more than thirty years ago by MIT-educated scientist Jon Kabat-Zinn, whose interest in mindfulness began as a way to help patients manage chronic pain and the anxiety associated with it. Kabat-Zinn found that meditation and mindfulness training helped patients cope with that pain. In the years since, researchers have found that mindfulness training can help lower stress hormones and blood pressure and other measurable indicators of stress. "This is empirical. It's evidence-based," said Spence.

Spence recently served as the training liaison for a study that assessed the effectiveness of a five-week mindfulness training program for parents and educators of children with special needs. The study showed that stress and anxiety were reduced and compassion increased in the mindfulness training participants when compared with the control group. "This research is exciting because it shows empirically what participants tell us," said Spence. "Once people begin the training, they often say, 'Why would we resist doing this? This feels so good!'" she said. Spence added that while some aspects of mindfulness training, such as those related to meditation, may have similarities to the Buddhist tradition, mindfulness training and the programs offered by MC4ME are entirely secular.

Spence said that she's often asked about the difference between mindfulness training and the numerous other "stress reduction" programs and techniques that have become commonplace. She explained that most stress reduction techniques and traditional therapies are "top down" approaches. "These approaches start at our language base, at our executive functions, our cognitive processes," said Spence. "Then they assume that this will help our bodies and our emotions and will make us feel better. It's like assuming that one can control one's frame of mine enough — in the moment — to help with math frustration or to handle a conflict with a student. A top down approach puts attention on trying to solve a problem, rather than on first acknowledging what's happening within one's own person," she said.

"When things get too stressful, synapses stop firing and no one functions well."

– Mary Spence

Mindfulness is different, according to Spence, because it's a "bottom up" approach. "It starts with recognizing how one's own body is feeling, controlling one's own breathing, then focusing on one's own emotions in a non-judgmental way," she explained. "Everybody has the ability to go within. It really works because it's so natural." She added that focusing on one's body first can be especially useful for children with special needs, especially those who have limited verbal skills, since they can learn to feel and monitor their breath, a first step in calming and reducing stress. "We can use mindfulness training to remind children that when they find themselves in stressful situations — a conflict with someone or even a hard math exercise — they can take that pause to get their breath, to think about how they feel, and then realize that they can do hard things." Mindfulness training has also proven useful in mediating the sometimes stressful transition

> **“When you have a child with a disability, it can be natural to try to make life easier, to smooth things over for them. But what can happen is that these kids learn limited skills for handling frustrations… Mindfulness training can help them pause, reflect, and think about how they are feeling before things spiral out of control.”**
>
> **–Mary Spence**

between middle and high school. Spence said research shows that students who do not successfully manage this transition are at much greater risk of dropping out during high school.

For parents and educators, this approach is also useful. “It’s about being mindful of your own emotions, taking those few seconds to notice one’s own emotions before formulating a response,” said Spence. “We have to start with our own emotions so that we can take care of ourselves first. Teachers are so fragmented, pulled in so many directions at once. Our own well being is essential to being able to effectively help others.”

“Mindfulness inherently encourages ways of being that are not divisive,” she added, which can be a major benefit for educators who find themselves in frequent competition for scare resources such as time and money. “In our schools, we are constantly competing for limited resources. People’s philosophical perspectives are different, and we are constantly feeling a need to defend ourselves and our positions.” Spence described a concept she calls “parallel truths,” two equally valid ideas or points of view that will never intersect. “Neither idea is more or less ‘right.’ They are simply different. A mindfulness approach both helps one consider the other’s perspectives in curious, non-judging ways, but also helps each person pause to consider her or his own reactions without just jumping to defensiveness, which is our first instinct,” she said. “We can take that momentary pause to check in with ourselves before defensiveness and that can make so much difference.”

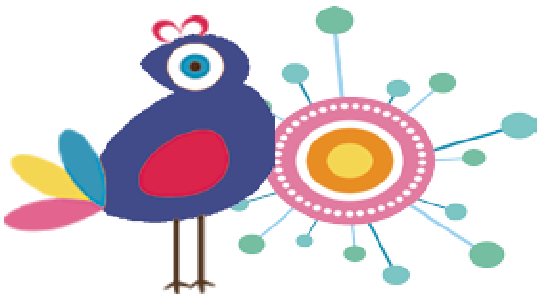
Kristin Ervin uses a “mind jar” to demonstrate how mindfulness works to calm a busy mind.

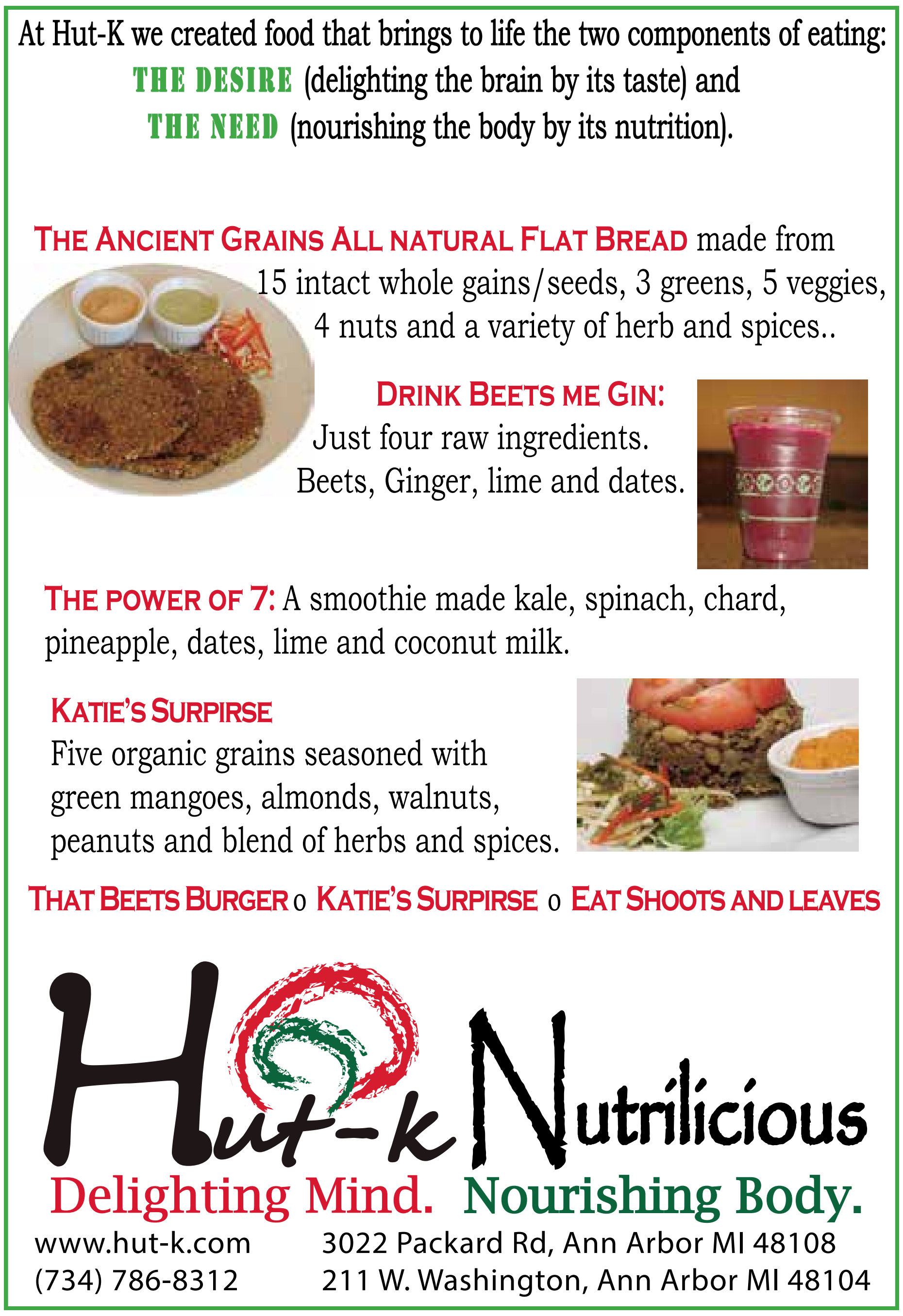
> **“We have to start with our own emotions so that we can take care of ourselves first. Teachers are so fragmented, pulled in so many directions at once. Our own well being is essential to being able to effectively help others.”**
>
> **–Mary Spence**

The Michigan Collaborative for Mindfulness in Education is comprised of professionals with a range of backgrounds who want to share information and mindfulness training. Members of the board of directors have training in and can present on a variety of approaches to mindfulness, including SMART (Stress Management and Relaxation Techniques), Mindful Schools, MindUP, .b (pronounced “dot-be,” which stands for “Stop, Breathe, and Be!”), and Mindfulness Based Stress Reduction. Spence said that the current goals of the organization are “to find and advocate for people and organizations who want to learn more about and participate in this kind of mindfulness training,” adding that they hope to find sources of funding for those who might not be able to afford it otherwise. Introductory talks about mindfulness, as well as more in-depth trainings, may be scheduled by contacting MC4ME. In addition, MC4ME holds public events such as the recent showing of the documentary *Room to Breathe*, an exploration of the transformations after mindfulness training in a struggling San Francisco middle school.

Spence said that she looks forward to sharing mindfulness training and its benefits with the Ann Arbor area. “People are thirsty for this,” she said. “This kind of work is not fluff. It’s not an extra. It is fundamental to how we can best learn and that is something that reaches me on an emotional level.”

For more information about MC4ME and mindfulness training, visit www.mc4me.org or contact Mary Spence at mary.spence@me.com.





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THE ANCIENT GRAINS ALL NATURAL FLAT BREAD made from 15 intact whole gains/seeds, 3 greens, 5 veggies, 4 nuts and a variety of herb and spices..

DRINK BEETS ME GIN: Just four raw ingredients. Beets, Ginger, lime and dates.

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KATIE’S SURPIRSE
Five organic grains seasoned with green mangoes, almonds, walnuts, peanuts and blend of herbs and spices.

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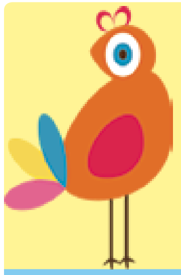
CRAZY WISDOM KIDS

An ongoing section of
The Crazy Wisdom Community Journal

Articles, calendar listings, advertisements, music and book reviews, and other features… focused on raising conscious and spirited kids…

Mindful Parenting
Good Eating Habits
the Healthy Household
Integrative Medical Care for Kids
Yoga and Kids
Dads and Babies
Mothers and Daughters
Eco-friendly family living

(If you like our CW Kids section, and would like to be contributing to it, contact bill@crazywisdom.net. We welcome story ideas, illustrations, feature writing, and photographs)



The Crazy Wisdom Community Journal

Events Calendar for Kids • May through August 2014

Children & Young Adults

Fairy Tea at Crazy Wisdom Tea Room • Children and their families are welcome for tea and cookies served by real fairies! Celebrate with our enchanting fairies as they serve tea, treats, and magic. There will be story time with books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! $11 per person. Babies 18 months and younger are free. Tickets are only available by coming in to Crazy Wisdom or by phoning prior to the event. These events often sell out, so call early! Let us know of any food allergies. For information call, 665-2757 or email miranda@crazywisdom.net or crazywisdom.net.
Mother's Day Fairy Tea • May 11, 1 p.m. seating • Includes craft-making for Mother's Day.
End of School Fairy Tea • June 19, 1 p.m. and 4 p.m. seatings
Back to School Fairy Tea • Aug. 28, 1 p.m. and 4 p.m. seatings

2nd Annual Kids Holistic Fair • July 26, 10 a.m.-2 p.m. • Come on out and enjoy the day at Bush Park in Fenton for the Kids Holistic Fair, where kids and families have the opportunity to discover ways to live a more sustainable and healthier lifestyle! Free. Call Robin at 810-516-5574; robinm@myholisticapproach.com or myholisticapproach.com/pages/events.

Parent-to-Parent Support at Center for the Childbearing Year • Wednesdays, 10-11:30 a.m. • Informal, free, drop-in group meets weekly for moms, dads, and partners. Babies and toddlers are welcome. Discussion topics and play time each week. Call 663-1523; center4cby.com.

Breastfeeding Cafe at Center for the Childbearing Year • Fridays, 10-11:30 a.m. • Informal, free, drop-in group meets weekly. Breastfeeding moms and babies welcome! Call 663-1523; center4cby.com.

Learn Work Share Youth Program and Girls B Well Camp at Rudolf Steiner Health Center • June 25-July 11 • The Youth Program is an introduction to biodynamics, nutrition, anthroposophical care concepts, and artistic therapies for 16 to 30 year-olds. The program is a youth conference, a hands-on work situation with the doctors and therapists, and a one-week daycamp for girls to teach them nutrition and sustainability. $50 registration fee for youth; $250 for day camp registration. Call 663-4365; rshc@steinerhealth.org or steinerhealth.org.

Yoga and Art Summer Camp with Peachy Fitness • June 23-27 or July 21-25 • This camp will encourage kids to express their creativity through movement and art. Creative, child-led art projects build on foundations of yoga. Kids will make and eat healthy snacks. Class will finish with a calming nap. Ages 3-6: 9:30 a.m.-12:30 p.m.; ages 7-12: 1:30-4:30 p.m. $195 with 10% sibling discount available. Call Zaini at 681-0477; info@peachyfitness.com or peachyfitness.com.

Yoga for Kids Ages 6-12 Years with Peachy Fitness • Fridays, 6:30-7:30 p.m. • A non-competitive, creative, and fun activity appropriate for kids. Explore yoga by imitating animal poses, learning breathing techniques, games, arts, and relaxing in a fun and nurturing environment. $69 for four classes. Call Zaini at 681-0477; info@peachyfitness.com or peachyfitness.com.

ADD, ADHD Natural Solutions Support Group with Karen Watanabe • May 15, June 19, July 17, Aug. 21; 1 p.m. • For parents, teachers or individuals who don't want to use pharmaceuticals for ADD and ADHD. Learn about current natural options. Attendees will be offered a free magnetic sleep pad solution for one trial month. Free. Call 649-4226; karenewatanabe@gmail.com or nikken.com/karenw.

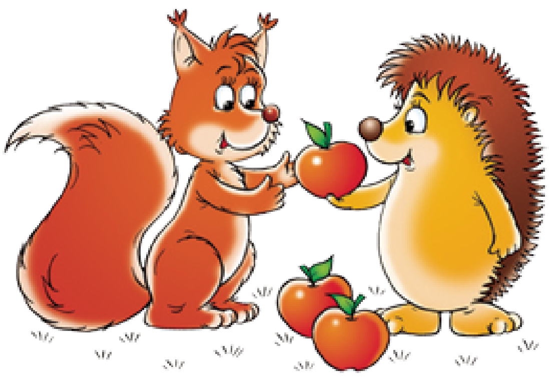
Kids Day at White Lotus Farms • May 31, June 28, July 26, Aug. 30 • On Kids Day, we offer extra fun for kids! Come out to the farm to see our baby animals, hear live music, see a goat milking demo, and more. Free. For times, call Kat at 474-6430; kat@whitelotusfarms.com or whitelotusfarms.com.

Blue Turtle Nature Awareness and Wilderness Skills Day Camp with Larissa Czuchnowsky and Frank Levey • June 16-20, June 23-27, July 7-11, July 14-18, and July 21-25; 9 a.m.-4 p.m. • For boys and girls ages 7 to 12, this hands-on camp will foster the development of nature awareness and outdoor survival skills. Each day will involve workshops in fire-making, shelters, food and water gathering, tracking, and the basic use of native plants. Daily activities also include games, crafts, culinary adventures and group drumming. $295 per week includes wholesome snacks. Half day camp available for ages 4 to 6. Call 975-4448; blueturtlenaturecamp.com.

Mommy and Me Tea with Lamaze Family Center Ann Arbor • May 10, 9:30-11 a.m. • Celebrate Mother's Day by attending our tea. This is a memorable day for our moms and their children. It's an opportunity to dress up and spend a morning sipping tea and juice, munching on treats, and having quality time together. The children will have time for free play and will also get a chance to make a special gift to present to their moms. $10. Call Amy at 973-1014; info@lamazefamilycenter.org or lamazefamilycenter.org.

Daddy and Me Playday! with Lamaze Family Center Ann Arbor • June 7, 9:30-11 a.m. • Celebrate Father's Day with a special play day honoring the relationship between a child and their father. We will have lots of time for free play with Legos, blocks, and obstacle courses. Dad and child will also enjoy a snack together. $10. Call Amy at 973-1014; info@lamazefamilycenter.org or lamazefamilycenter.org.

Nature Outings with Environmental Educators from Green Apple Garden Playschool • Geared toward kids ages 1-6, but all are welcome. Caregivers, please attend with your child and bring any snacks or water they might need. Free. Call Katie at 369-8248; greenapplegarden@appleplayschools.org or appleplayschools.org.
May 10, 10 a.m. • This will be an educational hike through Bird Hills. Meet in the parking lot off Newport Road.
June 3, 9:30 a.m. • This will be an educational hike through Nichols Arboretum. Meet at the peony gardens.
July 11, 10 a.m. • Meet us at the riverside Argo Park for a fun nature outing.
Aug. 6, 3 p.m. • Join us for an educational hike through Miller Woods. Meet at the entrance off of Arborview.



Natural Family Playgroups at Green Apple Garden Playschool • Come together to connect and share resources with other families in the area who are interested in natural family living. We usually have music, dancing, and general fun! Geared toward kids ages 1-6, but all are welcome. Caregivers, please attend with your child. This is a public event. Free. Call Katie at 369-8248; greenapplegarden@appleplayschools.org or appleplayschools.org.

Summer Events at Leslie Science and Nature Center • *Also, see other LSNC listings under Wilderness Awareness in the Calendar section.* For more information and classes and events, call LSNC Staff at 997-1553; info@lesliesnc.org or lesliesnc.org.
Tiny Tots: Frog Frenzy • May 5, 10-11:30 a.m. • Did you hear that? It's a frog calling frenzy! We will find frogs in the Critter House and make frog crafts as we celebrate the return of spring and their familiar amphibian chorus. For ages 1-3. Caregiver required; siblings welcome. $7 per child.
Nature Tales: Adventure Tales • May 10, 10-11 a.m. • Join us for this naturally unique story time! We will read *Where the Wild Things Are*, and then hike to look for where the wild things are here at LSNC. For ages 1-5. Caregiver required. $3 per child.
Fireside Fun: A Good Old-Fashioned Campfire Circle • May 25, June 22, July 20, Aug. 10; 6:30-8 p.m. • Bring your family, camp chairs, and s'mores fixings. We'll provide a blazing outdoor campfire and plenty of marshmallows. Supported by Bivouac. For all ages. Free.
Choice Carnival • July 12, 10-Noon • The entire family joins in the fun and excitement of picking and choosing between at least five ongoing activities. You can visit each one as many times as you like. What are the activities? It's a secret! But you can expect games, s'mores, Critter House visits, and more. For all ages. $8 each or $30 per family.
Spider Survey: Day • July 26, 2-4 p.m. • Learn how to find and identify some of the more common local species and why they are so important for us and our planet. After hiking through various habitats searching for different species, we will also view some non-native arachnids in the lab. $8 each or $30 per family.
Spider Survey: Night • July 26, 8:30-10:30 p.m. • Armed with a headlamp and curiosity, we will explore the secretive world of nocturnal spiders in the Black Pond Woods. After observing some spider behaviors, such as web-spinning, take a close look at some specimens in our lab to find out what makes them so successful. Some lights will be provided, but bring your own headlamp/flashlight if possible. For ages 8 and up.
Scavenger Hunt • Aug. 16, 9-11 a.m. • Do you love the thrill of hunting for things? Multiple challenges will have you scouring the entire grounds and Black Pond Woods for insects, colors, textures, plants, and more. For all ages. $8 each or $30 per family.

Shaman Kidz: Exploring Spirituality and Spiritual Practices for Ages 8-12 with Kate Durda • Aug. 3, 10-Noon • Young people can have profound beliefs and meaningful spiritual experience from a very early age. Sometimes, the gifted individual may feel alone, with no peers to talk with about these experiences. In this workshop, participants can talk with each other and learn some spiritual practices and principles that will help them stay spiritually healthy. There will be opportunity to work with rattles, drums, and a large community pow wow style drum. $20 per child ($5 for additional child) if paid by July 30. Call 517-667-0694; spiritweavers@gmail.com or spiritweavers.net.

Natural Family Fair with Professionals of Natural Family Living • June 7, 10 a.m.-2 p.m. • This will be a gathering of professionals in natural living. We will have a combination of booths and presentations, along with fun-filled children's activities. Free. Call Katie at 369-8248; greenapplegarden@appleplayschools.org or greenapplegarden.weebly.com.

Burned Wood Bowls with George Hedgepeth • July 6, 1-5 p.m. • Learn the process of crafting burned wood bowls. Selecting wood, preparing coals, shaping and finishing your bowl, as well as safety and tools to use in the creation of these useful and beautiful bowls will all be covered. All materials and tools provided. $45. Children ages 9-12 are half price with paid adult. Call Rowena at 531-8330; naturelearningcommunity@gmail.com.

Nature Learning Community Outdoors Skills Day with Rowena Conahan • July 19, 1-4 p.m. • This free gathering will take place in the forest of Sunward Cohousing Community in the bark and mud shelter and around the campfire. We will practice outdoor skills, play games, swing in the hammock, and enjoy good company. Bring a snack to share (or cook over a campfire) if you like, or just come! Free. Call 531-8330; naturelearningcommunity@gmail.com.

Samurai: Beyond the Sword at the Detroit Institute of Arts • Through June 1 • There are two sides to every sword. Come and see the amazing swords of the samurai. $16 adults, $8 for ages 6-17. For tickets, call 313-833-4005; dia.org.

7th Annual Farm Festival: Braun and Helmer at Washtenaw Farm Council Grounds • May 3, 10 a.m.-4 p.m. • Come and see this tractor and engine show, toy show, large flea market, petting farm, kids pedal pull, tractor pull, trade show, live auction, and more. Lunch available and a bake sale. Free. Call 368-1733.

Sounds & Sights on Thursday Nights in Chelsea • Every Thursday, June 5-Aug. 15; 6:30-8:30 p.m. • Experience musical entertainment on ten stages downtown as well as ballooon entertainment and other activities for kids. The weekly musical program also includes an open mic stage, street performers, a juried sculpture walk, and food vendors. Followed at dusk by SRSLY Cinema - screenings of teen-friendly movies at the Clocktower Commons. Free. Call 433-2787.

Family Events at Chelsea District Library • Free. Call the CDL Children's Desk at 475-8732.
Free Comic Book Day • May 3, 10 a.m.-5 p.m. • All are invited to pick up a free comic book.
Star Wars Day • May 4, 1-4:30 p.m. • Come and see a screening of the 1980 Star Wars sequel, The Empire Strikes Back, along with free comics, craft activities, a costume contest with prizes, and more.
Read to the Library Dog • May 16, 3:30-5 p.m. • All beginning readers ages 6-11 are invited to read one-on-one for ten minutes to a dog trained to act as if it's listening.
Spring Storytime • Thursdays, 10:30-11:15 a.m. • CDL Librarians present a program of stories, songs, finger plays, and craft activities for ages 2-6, accompanied by a caregiver.

Storytimes at Dexter District Library • Free. Call 426-4477.
Spring Storytimes • 30 minues of stories, puppets, finger plays crafts, and other activities. Toddler storytime every Monday, Wednesday, and Thursday at 10:30 a.m. for ages 18 months to 3 years. Preschool storytime on Monday and Thursday, 11:30 a.m. for ages 3-5.

Summer Camps at the Reptile Zoo with Great Lakes Zoological Society • 9 a.m.-4 p.m. • Five-day and three-day camps available for grades 1 through 7. For camp dates and cost, call 332-1628 or visit glzszoo.org/summer_camps.

Waterloo Recreation Area Family Events • Free, with $10 annual vehicle entrance fee. Call 475-3170.
May 3, 2-4 p.m. • Arrows Away • Ages 7 and up are invited to learn basic archery skills. Equipment provided.
May 10, 2-4 p.m. • Seed Paper Cards for Mom • Using recycled paper and wildflower seeds, participants make a Mother's Day card that can be planted to grow wildflowers.
May 24, 9 a.m. • Birding and Breakfast • All are invited for a light breakfast followed by a birding hike in celebration of International Migratory Bird Day.
National Trails Day 3 Park Hike • June 7, 10-Noon • All are invited to join a 2.5 mile hike along the Waterloo-Pinckney Trail that connects two state recreation areas to Washtenaw County's Park Lyndon North.

Wizard of Oz Play by Wild Swan Theater • May 1 and 2, 12:30 p.m.; May 3 and 4, 2 p.m. • A non-musical version of L. Frank Baum's beloved story is a treat for the whole family. $12 adult, $8 child. For more information, call 995-0530; wildswantheater.org.

Fairy Tea at Crazy Wisdom Tea Room

Mother's Day Fairy Tea • May 11, 1 p.m. seating
(Includes craft-making for Mother's Day.)

End of School Fairy Tea • June 19, 1 p.m. and 4 p.m. seatings

Back to School Fairy Tea • Aug. 28, 1 p.m. and 4 p.m. seatings

Children and their families are welcome
for tea and cookies served by real fairies!
Celebrate with our enchanting fairies
as they serve tea, treats, and magic.
There will be story time with books
available from Crazy Wisdom Bookstore.
Fairy attire is encouraged. Be creative!

$11 per person.
Babies 18 months and younger are free.
Tickets are only available by coming in to
Crazy Wisdom or by phoning prior to the event.

For information call, 665-2757 or
email miranda@crazywisdom.net or crazywisdom.net.

Look for us in new places!

In response to requests from our readers and advertisers,
we have increased the circulation of
The Crazy Wisdom Community Journal,
and increased our distribution points, by 80% in the last 4 years.

Check out our digital edition online at crazywisdomjournal.com

The Crazy Wisdom Community Journal —
Deep Roots.
Serving and celebrating the body/mind/spirit community
in southeastern Michigan for 19 years.
Editorial integrity.
Depth of coverage.
Local focus.
Local writers, photographers, and illustrators.
Here to stay.

Crazy Wisdom Kids

Fun Stuff Just for Kids with Branches of Ann Arbor District Library • Free. For location, visit jump.aadl.org.
May 3, 2-4 p.m. • Cute Clay Charms for grades K-5 • Make tiny clay charms to use for jewelry, decorating stuff, a Mother's Day gift or just for collection.
May 4, 2-3 p.m. • Pom-Pom Launchers for grades K-5 • With a few household items, you can make a launcher that can send pom-poms flying!
May 8, 7-8:30 p.m. for all ages • Take a Hike at Barton Nature Area • City of Ann Arbor Natural Area Preservation staff will lead a spring nature walk in this 83 acre park with diverse natural features.
May 9, 9:30-10 and 10:30-11 a.m. for ages 2-5 • Learn about the fabulous flute from Penny Fischer and about the piano from Kathryn Goodson, and listen, dance, and hear a story with Gari Stein. Enjoy the music of the Ann Arbor Symphony Orchestra.
May 10, 11-Noon • Make a Mother's Day Card for PreK-5 • Make a beautiful card for your mom.
May 10, 2-4 p.m. • Kodu with Kito for grades 2-5
May 11, 1-1:40 p.m. • Dancing Babies with Denise Owens for Ages 0-5
May 17, 3-4 p.m. • Duct Tape Balls for grades K-8 • Make a custom playground ball that can stand up to LOTS of kicking!
May 18, 1-4 p.m. • Chesstastic for Grades K-Adult
May 24, 10-10:40 a.m. • Dancing with Babies with Melissa Hudson for ages 0-5
May 25, 1-4 p.m. • All Ages Mario Kart Tournament

Children's Storytime at Nicola's Books • Saturdays, 11 a.m. • Stories for children ages seven and under. Free. Contact 662-0600; nicolasbooks.com.

Storytime for Young Children up to Age 6 at Bookbound Bookstore • Tuesdays, 6 p.m. and Thursdays, 10:30 a.m. • Free. For more information, call 369-4345; bookboundbookstore.com.

Super Saturday Storytime at Ypsilanti Library • Saturdays, 10:30 a.m. • Stories, songs, and a simple craft for pre-schoolers to older children. Free. Call 482-4110; ypsilibrary.org.

Critters Up Close at Ann Arbor Hands-On Museum • May 10, 11, June 14, 15, July 12, 13, Aug. 9, 10; 1-4 p.m. • Join us for our new program! Every month, Leslie Science & Nature Center will bring different live animals into the Museum. There will also be special, animal-oriented hands-on activities. $11 for adults and children. Babies 0-23 months free. Call 995-5439.

Butterfly Festival at Museum of Natural History • May 17 • See live butterflies and learn about the life cycle and lifestyles of butterflies at this spring event. Help with planting in the Museum's Butterfly and Pollinator Garden and make a craft to take home! For times, call 764-0478; lsa.umich.edu/ummnh.

Dinosaur Exhibit Tours at Museum of Natural History • Saturdays and Sundays, 2 p.m. • Free 30-minute, docent-led tours of the dinosaur exhibits for the first 15 people to sign up. No advanced registration available. First-come first-served. Call 764-0478; lsa.umich.edu/ummnh.

All Sewn Up! Sewing Camps for Ages 6 and Up, and for Teens, Too • June 16-20, June 23-27, June 30-July 4, July 7-11, July 14-18, July 21-25, July 28-Aug. 1, Aug. 25-29; 9-Noon or 1-4 p.m. • Projects include making clothes, crafts, and home decor items. Kids will learn sewing machine skills, basic sewing terms, and how to read, lay out, and assemble a pattern. Maximum of four per camp. $180 for half-day includes a healthy snack. Campers provide fabric, notions, and patterns. Call Anne at 975-8717; info@allsewnupbyanne.com or allsewnupbyanne.com.

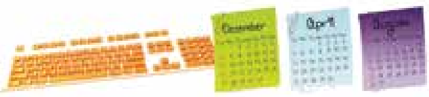
Walk & Wag Run • May 17, 8 a.m.-1 p.m. at Rolling Hills Park • Join us for our largest fundraiser. Register for the 5K or 1 mile walk to raise money for the homeless, abused, and injured animals of the Humane Society of Huron Valley. For more information, visit hshv.org/2014walkandwag.

Henry and Mudge Live on Stage! with Not Just For Kids Family-Friendly Professional Theater • May 4, 1:30 p.m. • Henry and his dog Mudge are best buddies. But what happens when Henry can't teach Mudge to roll over? Find out in this musical based on the best-selling book series by Cynthia Rylant. $15. Call 668-TIME; michtheater.org.

The Wizard of Oz • June 17-29 at Detroit Opera House • Take a journey like no other, featuring all the classics plus new songs by Tim Rice and Andrew Lloyd Webber. For tickets, call 800-982-2787; ticketmaster.com or broadwayindetroit.com.

Upcoming Events to Inpsire Young Minds! at The Henry Ford Museum • For more information and tickets, visit thehenryford.org.
Day Out with Thomas: May 3-4
Tinker, Hack, Invent: Every Saturday, 10 a.m.-2 p.m.

Now Hiring – Calendar Editor



Get to know our holistic community!

The Crazy Wisdom Community Journal is hiring for the position of Calendar Editor. This position includes typing listings of workshops and events for the Calendar section of the Community Journal, as well as brief biographies of practitioners, for our publication schedule three times yearly. Applicant must have excellent typing and grammatical skills, fluency with InDesign software, a general sense of the Crazy Wisdom holistic community, and the ability to work under pressure for a short period of two weeks, three times per year. Interest in growing and fine-tuning our Calendar, and its online version, is a plus. We are looking for someone with a good deal of stability in one's life, so that this could realistically be a minimum two-year commitment. Excellent pay.

To apply, email Sarah@crazywisdom.net.

Family Concerts with Detroit Symphony Orchestra • May 10 • For tickets, visit dso.org or call 313-576-5111.
Caribbean Fun Time! at 10 a.m. for children ages 2-6
The Magical Life of Mozart at 11 a.m. for ages 6 and up

KinderConcerts: Music and Motion with Ann Arbor Symphony Orchestra • May 9 and 12, 9:30 a.m. and 10:30 a.m. and May 10, 10 a.m. • This classical concert, featuring Penny Fisher and the flute, is designed for children ages 2-6 to listen, watch, dance with flowers and scarves, enjoy a story, and interact in a library setting. Free. Call Gari at 741-1510; garistein@aol.com or little-folks-music.com.

Dancing Babies with Gari Stein at Pittsfield District Library • June 14, 10-10:40 a.m. • Sing and dance along based in the richness of traditional folk music for infants to age 5 and the grown-ups who love them. Nurture development and enjoy simple activities to do together at home. Share hugs, laughter, and more. Free. Call 741-1510; garistein@aol.com; little-folks-music.com.

Sing With Me with Gari Stein • April 22-June 25: Tuesdays, 10:15 a.m. or Wednesdays, 10:45 a.m. or July 1-30, times TBA • Music-movement enrichment and instrument exploration for children birth to 5 and the grown-ups who love them. Together, we will sing, chant, bounce, folk dance, waltz, play instruments, share hugs, laughter, and more. A research-based program that enhances development, learning, listening, and literacy, and provides parenting resources, snack, and chat. An art component is available. $135 includes four cds. Call Gari at 741-1510; garistein@aol.com or little-folks-music.com.

Nurturing Baby and You: Babies and Pre-Walkers at Ann Arbor Library with Gari Stein • May 15, 10 a.m. • A unique program that focuses on play, movement, and touch, with time to share resources and support. Promoting healthy development and strong bonds through creative dance derived from the scientific research of the brain-body connection. In a warm, gentle, nurturing environment, together we will enjoy rhymes, tunes for everyday routines, massage, sheet rides, waltzes, instruments, folk dance, lullabies, hugs, and more. Turn cranky to calm and get ready for too much fun. Free. Call Gari at 741-1510; garistein@aol.com or little-folks-music.com.

Special Delivery for Baby Playgroups with Gari Stein • May 1-July 30 • In the comfort of your home or other setting, with an informal and slow-paced atmosphere, enjoy songs for everyday routines, movement, activities that nourish baby's brain and all developmental domains, parenting support, nurturing baby and you, and then take the music home. 6-10 sessions: $72-$120 per family includes two cds. $15 for one-time only. Call 741-1510; garistein@aol.com; little-folks-music.com.

Kids Cook with Ann Arbor Cooks! A School for the Epicurious • For times and cost, call 645-1030; annarborcooks.com.
Parent/Child Potsticker Party • Jan. 12 • Work alongside your junior chef and then sit down and enjoy a meal together. For a parent and up to two children ages 6 and up.
Kids' Only Sushi-Making Adventure • Jan. 18 • For ages 8 and up, learn independence in the kitchen!
Family Dining Class: Classic Comforts • Jan. 26 • Slow down and gather around the table. Drop your child off to prepare a delicious meal, and then come back for the last half hour to enjoy the meal together! For one child ages 8 and up, and up to two family members.

The Crazy Wisdom Calendar

A free guide to Local Classes, Workshops, and Events

May through August 2014

Dr. Nirmala Hanke, Meditation Teacher, on page 30

Joanne Karpinen, Psychotherapist, on page 92

Robin Weber Pollak of JOURNEYS on page 42

Dr. Darren Schmidt on Sustainable Health on page 33

Erica Kempter on Seeds on page 50

The Crazy Wisdom Calendar

Artwork by Sara Van Zandt

Acupuncture, Reflexology, & Shiatsu

Shiatsu for Friends and Family: Basic Skills for Significant Relief with Milagros Paredes • June, 12, 7-8:45 p.m. • This class will introduce you to some basic skills for helping friends, partners, and family members feel some relief from tension and discomfort. We will focus on the neck, shoulder, and low back pain. Wear clothing that allows for ease of movement. $5 suggested donation. Call 224-2227; milagros@shiatsumilagrosa.com or shiatsumilagrosa.com.

Intro to Shiatsu with Craig Parian • June 21-22, 8:45 a.m.-5 p.m. • This introductory course of the Japanese healing art, Shiatsu, is a system for healing and health maintenance. Students will learn the basic Asian philosophy, meditation guidelines, and location of meridians, as well as some basic acupressure that can be integrated into other massage work. $275. Call Vickie at 677-4430; continuinged@aaimt.edu or aaimt.edu.

Zen Shiatsu Stretch Introduction with Cynthia Conklin • May 15, 6:30-9 p.m. • Learn meridian stretch exercises from a Zen Shiatsu perspective. Enhance both physical and mental vitality. Effective if practiced as little as ten minutes per day. $30. Limited to 9 participants. Call 417-9715; easternsunshiatsu.com.

Addiction & Recovery

Teens Using Drugs: What To Know and What To Do with Dawn Farm Youth and Family Services Team • May 6, 13 and June 3, 10; 7:30-9 p.m. • Free, ongoing two-part series designed to help participants learn to understand, identify, and address adolescent alcohol/other drug problems in young people. Targeted primarily to parents; inclusive of teens, other family members, professionals, and others interested. Free. Call Ray at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

A History of Alcoholics Anonymous with James Balmer of Dawn Farm • May 20, 7:30-9 p.m. • A fascinating overview and slide show describing the history and development of the AA program, including its founding and growth. This discussion will include the Twelve Steps of AA. Free. Call Ray at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Tobacco Cessation and Addictions Recovery with Anna Byberg and Aaron Suganuma of Dawn Farm • May 27, 7:30-9 p.m. • We will describe the prevalence of tobacco addiction among people with alcohol and other drug addictions, the relationship between tobacco use and recovery, and information on tobacco cessation techniques targeted to people with alcohol/other drug addiction. Free. Call Sonya at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Relapse Prevention with Erik Anderson of Dawn Farm • June 17, 7:30-9 p.m. • We will discuss the dynamics of relapse in recovery from addiction, signs that may forewarn of relapse, and how to develop a relapse prevention plan and strategies to handle high-risk situations. Free. Call Sonya at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

The Physiology of Addiction with Carl Christensen of Dawn Farm • June 24, 7:30-9 p.m. • We will explore the difference in neurochemistry between the addicted brain and the normal brain, the progression of physiological changes that occur in chemically dependent individuals, the mechanisms of physiologic tolerance and withdrawal, and the effects of treatment on the addicted brain. Free. Call Sonya at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Heart Tapping Your Way Free with Energy Medicine with Kathleen Riley • Mondays: June 2-July 14, 9:30-11 a.m. • As a complement to the work of The Twelve Steps, energy medicine helps individuals engage in an integrative, holistic healing process for warding off underlying causes of emotional, spiritual, and physical disease. Uncover the optimal presence of health, vitality, and well being and experience positive, immediate results as you discover the way life is really supposed to be. No class July 7. $12 per class with drop-ins welcome. Call 248-321-9200; kathyriley@comcast.net or kathleen-riley.com.

Animals & Pets

Animal Communication: Level 1 with Marliesa Back • May 10, 9:30 a.m.-4:30 p.m. • Deepen your connection with animals by learning how to speak with them and listen to them telepathically. Bring a notebook and pen, and photos of 3-4 animals (living or transitioned) that you'd like to talk with. Limited to 8 participants. $75. Call 649-6878; marliesa@yahoo.com.

Basic Animal Communication with Judy Ramsey • July 25-27: Friday, 7-9 p.m.; Saturday, 10 a.m.-5 p.m.; Sunday 10 a.m.-2 p.m. • Learn to communicate with animals, your own or others, the way they communicate to each other. Reclaim your telepathic skills in a fun, supportive environment, which accelerates your process. $150. Call 665-3202; judyramsey777@yahoo.com; hearttoheartanimalcommunication.net.

PetMassage 4 1/2 Day Foundation Workshop with Home Study Courses in Canine Anatomy and Business Marketing with Jonathan Rudinger • June 5-9, July 17-21 • You will understand the roadmap to creating and marketing your canine massage business; the theory, techniques, vocabulary, culture, and vision of PetMassage; become aware of body mechanics; learn to understand and provide for diverse canine needs; learn various complementary bodywork techniques; and understand basic dog anatomy and physiology as it applies to canine massage. $1,700. For times, call Anastasia at 800-779-1001; info@petmassage.com or petmassage.com.

PetMassage WaterWork Workshop with Jonathan Rudinger • June 16-20 • Helping dogs with WaterWork will make your heart smile. It is a perfect addition to all canine rehabilitation, weight loss, conditioning, behavioral training, and palliative care programs. It can be included with and can enhance many veterinary post-surgical and non-surgical rehab regimens. $1,700. For times, call Anastasia at 800-779-1001; info@petmassage.com or petmassage.com.

Anthroposophical Medicine

Support Retreat with the Medical and Therapeutic Team at Rudolf Steiner Health Center • June 30-July 4 • These health retreats allow for immersion in an anthroposophic healing environment that promotes the ideal picture of health through daily rhythm, organic and biodynamic meals, anthroposophic therapies, physician visits, nursing treatments, and carefully chosen anthroposophic medicines. Presentations on various aspects of health bring patients to a new understanding of how to incorporate health-promoting practices into their daily lives. Retreats are open to anyone, whether or not they have a current illness. For pricing and financial aid, call 663-4365; info@steinerhealth.org or steinerhealth.org.

Art & Craft

The Fine Art of Contemporary Mosaics Exhibit with Wasentha Young • July 2-28 with opening on July 2, 5-7 p.m. • During the opening reception, Wasentha will give a presentation of the fine art of contemporary mosaics at 6 p.m. Free. Call 657-6856; wasentha@me.com or wasentha.com.

Free Class: Bottles of Hope with Georgie Galante • Last Friday of the month, Noon-4 • Cover medicine bottles with polymer clay to give to cancer patients for free. The class, clay, and bottles are free to you. This is a 100% donation. Free. Call 517-414-5403; geogal48@gmail.com or georgiegalante.com.

Open Studio Process: Cultivating Our Natural Creativity with Idelle Hammond-Sass and Su McDonald • May 21, 6:30-9 p.m.; June 18, 6:30-9 p.m.; July 27, 2-4:30 p.m.; Aug. 7, 10:30 a.m.-1 p.m. • Using images and art media, we will explore our natural energy, awareness, imagination, and curiosity. Using intention, drawing, and thoughtful writing, we will tap into our creative source using the open studio process in a comment-free, safe space. $30 per session includes all art materials. Call Idelle at 741-4441; hammond_sass@msn.com.

Astrology

Drop-In Astrology Readings with Alia Wesala in the Crazy Wisdom Tea Room • Second and Fourth Saturdays of each month, 3-6 p.m. and 7-10 p.m. • Alia provides brief astrological consultation sessions to individuals, couples, and families. $1.50 per minute. No appointment necessary. Call 719-0782; astrolibration@gmail.com.

SMART Special Seminar: How to Present an Astrology Lecture with Elizabeth Hazel and Nancy Bahlman • May 18, 1:30-4 p.m. • This seminar is open to anyone who would like to learn how to prepare, organize, promote, and present an astrology lecture. Attendees will get tips on choosing topics, doing research, tailoring material to the time slot, and creating digital slide shows. Learn how to write blurbs, bios, create hand-outs, and get past performance anxiety. $20 or $18 members. Call Liz at 419-242-1696; ehazel@bex.net.

SMART: Astrological Factors in This Year's Political Races with Carole Ray and Pat Perkins • June 22, 1:30-4 p.m. • Join us for a discussion regarding the astrological factors involved in this year's political race. Discussion will include the gubernatorial race as well as some of the local senate and representative races. Also included will be the chart of the state of Michigan, the city of Detroit, and a discussion of the astrological energies impact on the ballot proposals being presented. $20 or $18 members. Call Rodney at 879-0035; smartmich2010@gmail.com.

Summer Barbecue with SMART • July 19, Noon-3 • Join area astrologers and friends at our fourth annual group picnic and potluck. Bring a salad, fruit/vegetable or dessert dish to share. Main course provided. Free. Call Rodney at 879-0035; smartmich2010@gmail.com.

SMART: Grand Cross Survivor's Meeting • Aug. 3, 1:30-4 p.m. • The Cardinal Grand Cross of April 2014 is one of the most difficult configurations in years. Where did it fall in your chart and what happened - good or bad? How did friends and family fare? Gather to discuss the Grand Cross battle stories and bring your chart if you want to share. $10. Call Rodney at 879-0035; smartmich2010@gmail.com.

Author Events

Book Signing and Talk with Lani Kwon, author of *The Creating CoPOWERment Workbook: Embracing the Power of Positive Psychology, Healing Stories and Explorations to Create the Life You Want* • June 4, 5:30 p.m. at Crazy Wisdom Community Room • The Creative CoPOWERment Workbook provides readers with transformative stories of body-mind-spirit experts and clients, balanced with scientific positive psychology studies on self-compassion, meaningful work and success, and explorations at the end of each chapter. The setting intention, choosing priorities, and visualizing goals workshop incorporates a priorities exploration and vision collage in an interactive session to support you in transforming your life. Includes workshop. Free. Call 808-447-9747; lani@coPOWERment.com..

Wine, Chocolate, and Birth Sisters Night Out with Cia Gabriel and Patty Brennan of Center for the Childbearing Year • May 16, 7-9:30 p.m. • Join us for an informal gathering of doulas, midwives, and mother-baby advocates. Featuring a talk and book signing with author Cia Gabriel whose book, *Natural Hospital Birth: The Best of Both Worlds*, is quickly becoming a must read for birth professionals. Cia will share her top four "nitty gritty birth techniques" focusing on what's important for a natural birth in the hospital. Free. Call 663-1523; patty@center4cby.com or center4cby.com.

Bodywork & Bodymind Therapies

Walking on Ice: Mind Body Awareness in Action Group with Kathleen Moore • Thursdays, 12:15-1:15 • If you fell on the ice this winter, here's good news: there's a way to walk and move that will help you remain "up" now and next winter, too, and there's help for the pain you may be experiencing currently. Cost varies. Call 668-8146; kathy@moore-voice.com or moore-voice.com.

A Touch of Thai Massage Monthly Playshop with Tatianah Thunberg and Kelly Kempter • May 20, June 17, July 15, Aug. 19; 6:30-8:30 p.m. • Acquaint yourself with the potent floor-based healing art practice of Thai Yoga Massage. Learn to relax while using your body weight and gravity to apply pressure. Gain confidence in using a wide variety of stretching techniques, while stretching your own body. Using breath and movement, we will create a safe environment of healing touch for both giver and receiver. $25 or $20 in advance. Call 223-4156; sacredbreathhealingstudies@gmail.com.

Book Discussion Groups

Crazy Wisdom Monthly Book Discussion • May 9, June 20, July 25, Aug. 15; 7:30-9 p.m. at Crazy Wisdom Community Room • This monthly book discussion connects participants through the selection, reading, and discussion of books from Crazy Wisdom Bookstore's diverse inventory. Participants will select the following month's book at each book discussion based on participants' suggestions. Book titles for June, July, and August (hosted by Rachel Pastiva) will be determined at the previous month's book discussion. All book selections will be available at Crazy Wisdom at a 30% discount. Discussion is free. Call 665-2757; rachel@crazywisdom.net or visit the Crazy Wisdom Monthly Book Discussion page on meetup.com.
May 9 • *Dying to Be Me: My Journey from Cancer, to Near Death, to True Healing* **by Anita Moorjani, hosted by Bill Zirinsky •** Moorjani freely shares all she has learned about illness, healing, fear, "being love", and the true magnificence of each and every human being.

Jewel Heart Readers • May 13, June 10, July 15, Aug. 12; 7-8:30 p.m. • Enjoy lively discussion on monthly dharma-related book selections with fellow sangha. Free with donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Breathwork

Transformational Breath Experiential Series with Julie Wolcott and Marcia Bailey • May 22, 29, June 5, 12; 7-9 p.m. • A powerful tool for transformation and healing, we begin with the benefits and basics of the breath process, set intention, experience a full session, and end with integration. The rewards are many - new awarenesses, physical and emotional healing, clarity, and joy. First timers come at 6 p.m. for an overview of the Transformational Breath. $40 for first time or $30 for review. Call Julie at 355-1671 or Marcia at 395-4799; info@breatheannarbor.com or breatheannarbor.com.

Integrative Breathwork with Linda Adamcz • May 31, June 28, July 19, Aug. 23; 10 a.m.-5 p.m. • A musical journey for insight, healing, creativity, and renewal. It can assist with life changes, grief/loss, job stress, burnout, trauma, abuse, depression, addictions, and finding meaning and purpose. $70. Call 269-388-2988; lkadamcz@juno.com or adamczassociates.com.

Drop-In Breathwork Classes with Frank Levey • Tuesdays, 9:30-11 a.m. and 7-8:30 p.m. • These classes offer participants the opportunity to experience a powerful guided, facilitated breathwork session. This work helps open the breath and allow for the safe release of traumas and breath restrictions through learning how to breathe as the body is designed. $15-$25 sliding scale. Call 657-8742; frank@awakened-breath.com or awakened-breath.com.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section that follows the Calendar, which is called "Background Information" and which starts on page 109.

The Crazy Wisdom Calendar

Breathwork (continued)

Group Breathing/Meditation Practice with Dave and Pat Krajovic • May 12, 10-11:30 a.m.; June 9, 6-7:30 p.m.; July 14, 10-11:30 a.m.; July 21, 6-7:30 p.m.; Aug. 11, 10-11:30 a.m. • Develop a consistent breathing practice. Participate in powerful group energies while deepening your meditation/breath experience. Release stress and negativity, access joy and peace while strengthening the connection to source. $25. Call Pat at 734-416-5200; inspire@globalbreathinstitute.com.

What Does My Breathing Say to Me? Intro to Ascension Breath Work with Dave Krajovic • June 4 or Aug. 12, 6-7 p.m. • Bring awareness to your breath pattern, understand how that impacts your physical health and well being, and learn techniques to open your breath as you bring consciousness to your breathing. $22. Call Pat at 734-416-5200; inspire@globalbreathinstitute.com or globalbreathinstitute.com.

The Courage to Forgive with Pat and Dave Krajovic • June 15, 9 a.m.-4 p.m. • An unforgiving life is one of anger, stress, and resentment. Surrender to the state of forgiveness and experience the joy of letting go. Release guilt and break the pattern of victimhood, gaining the power and freedom that comes from your transformation. $139. Call Pat at 734-416-5200; inspire@globalbreathinstitute.com or globalbreathinstitute.com.

Kundalini Yoga with Billie Wahlen • Fridays, 7-8:30 p.m. • Connect to your breath and experience your awareness. Increase life force energy through practicing pranayama meditation. Clear old blocks in your system and silence the mind. $15-$25. Call 276-6520; starbillie@gmail.com.

Buddhism

One-Day Retreat at Zen Buddhist Temple • May 3 or June 7, 9-5 p.m. • This retreat offers sitting and walking meditation, simple manual work, a delicious vegetarian lunch, and rest - an interval of deepening, of slowing down, silence, and mindfulness. $60 includes lunch. Call 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Buddha's Birthday at Zen Buddhist Temple • May 10 and 11 • Call 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.
May 10, 3:30 p.m. • Mindfulness in Everyday Life: A Workshop
6 p.m. • Vegetarian Buffet Extraordinaire and Entertainment • This always delicious and bountiful vegetarian entree and dessert buffet will be followed by music and entertainment. $6 students/seniors, $12 adults, $30 families.
May 11, 9:30 a.m. Meditation and 10 a.m. Service
Noon • Blessing Service for Children with prior registration requested.
3 p.m. • Introduction to Meditation
7:30 p.m. • Lotus Lantern Lighting and Chanting Service • The lighting of beautiful flower lanterns, a unique Korean tradition, ends the Buddha's Birthday observance in a serene and lovely way. The service includes readings from scriptures and the dedication of the lanterns.

Introductory Meditation Course at Zen Buddhist Temple • Five Thursdays starting May 22 or July 10, 6:30-8:30 p.m. • The viewpoint of Zen is that life fully lived in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. $160 or $120 students. Call 761-6520; annarbor@zenbuddhisttemple.org.

Summer Lecture Series at Zen Buddhist Temple • July 15 and 22, 7:30-9 p.m. • We will discuss an introduction of Buddhism: history, teachings, and practices. For cost, call 761-6520; annarbor@zenbuddhisttemple.org.

Overnight Introductory Meditation Course at Zen Buddhist Temple • July 18, 7 p.m.-July 19, Noon • Designed for those unable to take the Thursday evening course because of schedule or distance. The viewpoint of Zen is that life fully lived in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. $160 or $120 students. Call 761-6520; annarbor@zenbuddhisttemple.org.

Essence of Tibetan Buddhism with Gelek Rimpoche of Jewel Heart • Sundays: May 4-Aug. 31; Talk from 10-11 a.m., Tea and cookies from 11-11:30 a.m. • We invite you to enjoy weekly Sunday morning talks by Gelek Rimpoche. Speaking from Ann Arbor and New York and other locations, these talks will also be live video webcast. Open to all. Free with donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Meditation Sessions with Jewel Heart Instructors • Sundays, May 4-Aug. 31; 8:45-9:45 a.m. • Concentration meditation sessions with facilitators who provide basic guidance with multiple meditation sessions using the breath as a point of focus. Open to all levels of experience. No meeting July 6 and 13. Free with donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

White Tara Meditation Sessions with Jewel Heart Instructors • Sundays: May 4-Aug. 31, 11:30 a.m.-12:30 p.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. Join us for a guided meditation using visualization techniques to overcome physical, mental, and emotional suffering. Free with donations welcome. No meeting July 6 and 13. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Odyssey to Freedom Section 2 and 3 with Jewel Heart Instructors • Mondays: May 5, 19, June 2, 9, 16, 23, 20, July 14, 21, 28; 7-8:30 p.m. • Gelek Rimpoche created Odyssey to Freedom as an accessible and concise Lam Rim, encompassing the stages on the spiritual path from our current situation, as it is, through to full enlightenment. $80 non-members. Call 994-3387; programs@jewelheart.org or jewelheart.org.

GOM Practice Weekend with Jewel Heart Instructors • Aug. 1-3: Friday 7-9 p.m., Saturday 9 a.m.-8:30 p.m., Sunday 8:45 a.m.-6 p.m. • GOM, or concentrated meditation, is an essential tool that helps develop peace and joy as well as the power to deeply understand wisdom. This meditation weekend intensive, offered according to the Tibetan Buddhist tradition, will include practice sessions with light guidance. Silence will be maintained between sessions. Practice sessions include sitting and walking meditations with instruction available for your assistance. Donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

> It's best to accept life as it really is and not as I imagined it to be.
> —Paulo Coelho

Sunday Meditation Practice with Karma Thegsum Choling • Sundays, 11 a.m. • Medicine Buddha Meditation on first Sundays. Green Tara Meditation on third Sundays. All other Sundays are Chenrezig/Amitabha Meditation. Everyone is welcome. No cost. Call Pat at 678-7549; AAKTC@yahoo.com or kagyu.org.

Ceremonies, Celebrations & Rituals

Sabbat Celebration with Kelly Wilk and Miranda Metelski • May 1, 7-9 p.m. at Crazy Wisdom Community Room • Please join us as we celebrate the wheel of the year with ritual and healing. This will be an open circle event honoring the changing of the seasons and is nondenominational. Free. Call Kelly at 665-2757; bakerkellye@gmail.com.

Summer Solstice Sabbat with Kelly Wilk • June 22, 6-8 p.m. at Crazy Wisdom Community Room • Please join us for a celebration of the summer solstice, a time for abundance and creativity! This sabbat will be celebrated with a group meditation, a ritual to honor and build creativity, and group healing. This ceremony is open to all and is nondenominational. Free. Call Kelly at 665-2757; bakerkellye@gmail.com.

Lammas Sabbat with Kelly Wilk • July 31, 7-9 p.m. at Crazy Wisdom Community Room • Please join us as we celebrate the first of the harvest rituals, lammas! During this sabbat, we will honor the fullness and bounty of the season with a group meditation, a ritual of gratitude, and a healing circle. This celebration is open to all and is nondenominational. Free. Call Kelly at 665-2757; bakerkellye@gmail.com.

Interfaith Round Table Anniversary Celebration with Interfaith Round Table of Washtenaw County • May 18, 6-9 p.m. • Join us as we celebrate 20 years of building bridges of understanding and respect amongst our area's diverse religious communities. Includes full dinner, music, and entertainment. Register by May 12. Cost starts at $35. Call George at 424-1535; gbridges@umich.edu or irtwc.org.

2nd Annual Mid-Summer Ritual and Family BBQ with Michigan Council of Covens and Solitaires • June 22, 1 p.m. • Includes a ritual to be ran by Enafae Moore. We will supply meats for the barbecue. Please bring a dish to pass. Added this year will be a raffle to help support MCCS. Free. Call Gerald at 586-436-2277; michccs@gmail.com or michccs.com.

Summer Solstice Celebration: A Multi-Generational Celebration of Light with The Michigan Friends Center • June 21: Potluck 6-7 p.m., Bonfire 7-9 p.m. • We will celebrate the longest day with a potluck dinner followed by a bonfire around which to share thoughts, stories, and song. All ages welcome. Bring food to share, your own place settings, and long sleeves. We will provide herbal iced tea. Bring something to share after dinner, too - a story, poem, song, Solstice lore or your readiness to partake in what others have brought. Free. Call Carolyn at 734-475-1892; manager@mfcenter.org or mfcenter.org.

Rites of Passage and Vision Quest with Debbie Mast and Brian Obrecht • Aug. 13-17 • Connect with nature, seek guidance from spirit, integrate change, and discover new life direction. Free introductory talks on May 19, 20, 28, and June 11 at 7-9 p.m. $275. Call Debbie at 586-306-6075; ftreelodge@aol.com or visionquestmi.com.

Beauty and Abundance, Gifts from the Sun: Summer Solstice with Esther Kennedy • June 22, 3-4:30 p.m. • At summer solstice, we honor the fullness of sun as it energizes and quickens the flowering of plants, vegetables, flowers, soil, trees, mountains, valleys, animals, bugs, and humans. This seasonal turn of the year reminds us that we belong to a world that is vibrantly alive, wondrous in its diversity and beauty. Free. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org/registration.

Ceremony of Celtic Shamanism with Karen Greenberg • June 29, 6-10 p.m. • Enjoy drumming, movement, and a guided shamanic meditation, along with refreshments. $33. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Channeling

Evenings with Aaron with Barbara Brodsky and Aaron • May 14, 7-9:30 p.m. • All are welcome to this session with Aaron and Barbara. Aaron gives a talk, followed by questions and answers. Aaron's talk will cover a variety of spiritual practices, including vipassana and pure awareness meditation, working with inner guidance, and supporting changes in our physical/spiritual bodies through work with body energy, the elements, sound, and open heart. By donation. Call Deep Spring Center at 477-5848; info@deepspring.org or deepspring.org.

Channeling Angels with Shala Kilmer • 8 Wednesdays starting May 28, 6:30-9 p.m. • Learn to allow angels and other high vibration spirits to speak through you. $397. Call 248-258-8287; shalakilmer@gmail.com or intuitionpath.com.

Master Class in Channeling with Shala Kilmer • 8 Tuesdays starting Aug. 12 • Bring your channeling abilities to a very high level. Watch your confidence soar as you learn to clearly channel any spirit in the light. $397. For times, call 248-258-8287; shalakilmer@gmail.com or intuitionpath.com.

Chanting

Chanting with Ann Arbor Kirtan • May 16, June 20, July 18, Aug. 8; 7:30-9:30 p.m. • Come join us for an informal evening of yogic and Sanskrit chanting. Kirtan is a participatory call and response, cross cultural music experience that incorporates the audience into the performance. $5 donation suggested. Call Karen at 645-8904; karenrlevin@gmail.com or kirtanannarbor.org.

Chanting, Pure Meditation, and Silent Prayer with Self Realization Meditation Healing Centre • Fridays, 8:15 p.m. • We welcome everyone of all faiths, meditation practices, and traditions to join us for devotional chanting (in English) to help open our hearts and go deeper into stillness and peace, followed by pure meditation and silent prayer at 8:30, with winged prayer for all in need at 9 p.m. Stay as long as you wish. Free. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Childbirth

Active Childbirth Workshop with Melissa Neill • June 28 or Aug. 2, 2-4 p.m. at Crazy Wisdom Community Room • Learn about the importance of both staying active as well as utilizing relaxation elements/techniques during labor. In this two-hour session, we will learn about (and practice) different positions for labor, comfort measures, and relaxation. This is a great way to prepare you for this special event and get some questions answered. Designed for both mom and partner, but mom is welcome to come alone, also. $50. Call 734-834-7801; melissa@babybasics.me or babybasics.me.

Four-Week Childbirth Preparation Series with Melissa Neill • Four Thursdays starting May 1 or June 5 • This class series covers a broad range of topics, including mechanics of the birth process, how to stay active in labor and how this assists you, relaxation exercises, how the labor partner can assist mom, labor variations, and early postpartum period. Class is interactive and informal, and a wide range of materials are used to assist couples in understanding what to expect during this very special time. $180 per couple. For times, call 734-834-7801; melissa@babybasics.me or babybasics.me.

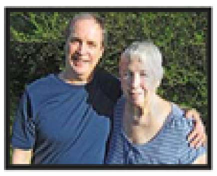
Two-Week Condensed Childbirth Course with Melissa Neill • Two Thursdays starting July 17 or Aug. 21, 6-8:30 p.m. • This two-evening course is perfect for busy couples still wanting to prepare for their birth and early postpartum period. A sample of topics we cover are signs of and mechanics of labor, how to stay active in labor and how this assists you, relaxation exercises, how the labor partner can assist mom, labor variations, and early postpartum period. A wide range of materials are used to assist couples in understanding the various aspects of labor and delivery. $150 per couple. Call 734-834-7801; melissa@babybasics.me or babybasics.me.

Childbirth Preparation and Newborn Care with Deb Rhizal • May 17, June 21, July 19 or Aug. 16; 9 a.m.-5 p.m. • A comprehensive one-day class prepares expectant parents for labor, delivery, postpartum recovery, newborn care, and adjusting to new family life. $175. Call Hygeia at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Belly Time Pregnancy Group with Sierra Hillebrand • Mondays starting June 23, 7:30-9 p.m. • A well-supported pregnancy lays the foundation for years of healthy living and mothering to come. Traditions that nurture, honor, and initiate pregnant women go back thousands of years, but are often neglected in our culture. This ongoing group offers opportunities for sharing, celebration, and self-reflection so that women can access the deep wisdom and instinctive capacities that are essential to clear decision-making and maintaining health, joy, and ease during pregnancy and motherhood. For cost, call 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Meet the Midwives at New Moon Midwifery • May 12, June 9, July 14, Aug. 11; 6:30 p.m. • Considering homebirth or exploring birth options? This is an informal monthly open-house and information session to find out more about New Moon Midwifery. Bring your questions and get to know Jamie, Anna, and Amanda. Drop-ins welcome. Free. Call Anna at 424-0220; info@newmoonmidwifery.com or newmoonmidwifery.com.

Preparation for Giving Birth and Caring for Your Newborn through Center for the Childbearing Year • Six Tuesdays: May 6-June 10, 6:30-9 p.m. or Six Wednesdays: July 9-Aug. 13, 6:30-9 p.m. • Birth is normal and you can do it! Emphasis is placed on developing confidence in a woman's natural capacity to birth, comfort measures and labor support techniques, how partners can help, natural approaches to pain management, what to expect in the early weeks postpartum, and understanding your baby's needs. $255 per couple. Call 663-1523; patty@center4cby.com or center4cby.com.



Deep Spring Center for Meditation and Spiritual Inquiry

Sunday Sittings
Meditation: 10:00 am—11:00 am
Sharing: 11:00 am—11:30 am

Insight Meditation Silent Retreat
Barbara Brodsky, John Orr and Aaron*
with Bilha Birman-Rivlin and Karen Mori
June 21—23 or June 21—27, 2014
Emrich Center—Brighton, MI
Instruction for all levels—Special rates for young adults
**discarnate spirit who speaks through Barbara Brodsky*

Day of Workshops on Insight Meditation
Saturday, September 6, 2014
presented by the teachers of Deep Spring Center—for all levels
at Interfaith Spiritual Center, Ann Arbor, MI

Fall Vipassana Silent Retreat
October 17-19 2014
Barbara Brodsky, John Orr and Aaron
Howell Conference and Nature Center

Living From Our True Nature
October 29-November 2, 2014
A Workshop/Retreat with partial silence
Barbara Brodsky, Aaron and the Brothers and Sisters of Light
Geneva Camp & Retreat Center, Holland, MI

Insight Meditation and Spiritual Inquiry
Silent Retreats / Weekly Sittings / Classes / Workshops
Beginning to Advanced Study

Online registration/information at DeepSpring.org

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On Flying: How Contemporary Circus Arts Teach Adults to Play

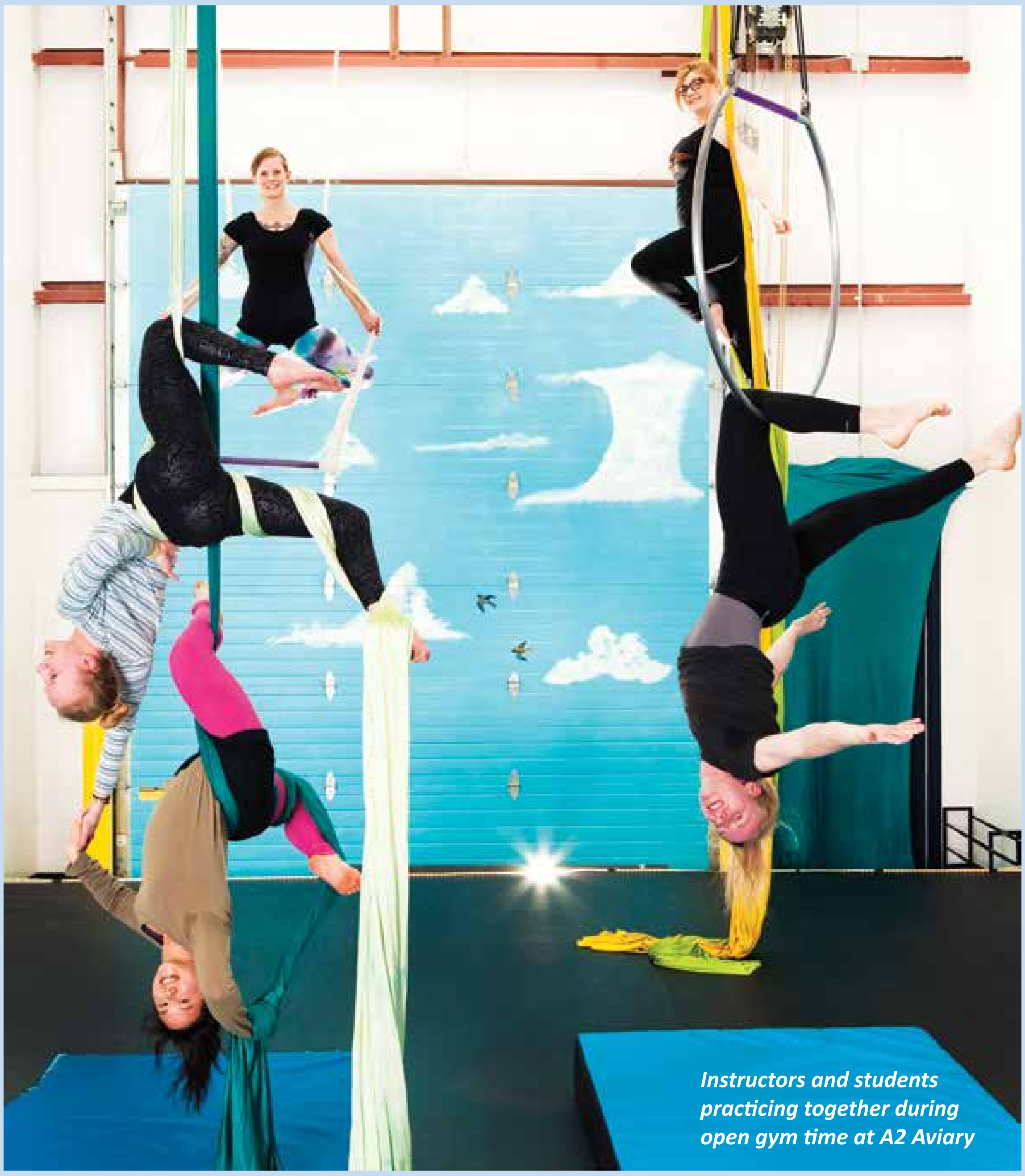
By Katie Livingston

When most people think of the circus, they conjure up the big top and the three rings of a traditional circus. A caravan rolls into town. A big collared cat jumps through a fiery hoop. A child rides on a saddled elephant's back. A glamour girl flies effortlessly on the trapeze, rhinestones pinned in her hair. Beneath the glitz, an underbelly of power and danger, just out of sight of the patrons who come desiring only to be swept away.

She ran away to join the circus. What some see as a momentary escape, a fantastical, sequined world, a way out of a regular job — other people see as quite the opposite: a way of being present in a world that wants us to check out.

I wasn't born into a circus family. I found contemporary circus arts (which forego animal acts and focus on character development and storytelling) in a modern way: a friend posted a static trapeze pic on Facebook and I said, "I have to try that." The first time I touched a trapeze, I hadn't worked out in 10 years. When the instructor at the local circus school said to simply do a leg lift and dangle upside down from my knees, I started to laugh. *Who am I kidding*, I thought, and later, *Oh. I seem to have re-located my abs*.

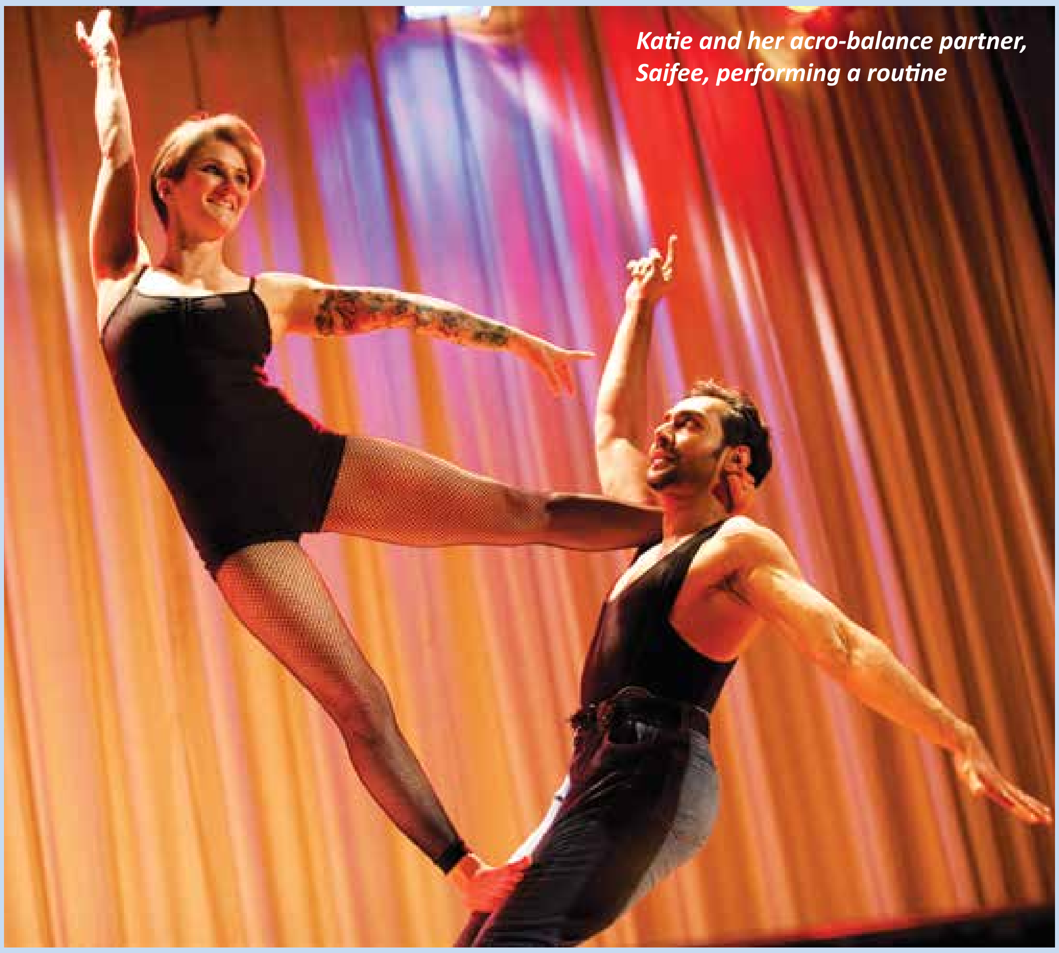
As a child, I had spent long hours training as a competitive gymnast — a sport where the object of the game is to sculpt your body into a flawless machine. A silly prospect, given that we know bodies are not machines, but rather soft, breakable creatures. If gymnastics taught me discipline as a child, which it did, circus arts have taught me to play.


Instructors and students practicing together during open gym time at A2 Aviary

"When I'm upside down, I feel curious, bold, and strong."

Fast-forward a few years. Deep into the process of surviving and healing from violence, I had thrown myself headlong into a helping profession. I took a job as a direct service worker at an LGBT community center. All day, I tended to my community's legitimate needs and worked to honor people's scars, their lives uncorked.

I answered the phone when it rang, offering empathy, active listening, and resources for any number of community concerns: poverty, homelessness, drug addiction, rejection from families of origin, and on and on. When I went home at night, I was too numb to sleep or cry.


Katie and her acro-balance partner, Saifee, performing a routine

What some see as a momentary escape, a fantastical, sequined world, a way out of a regular job — other people see as quite the opposite: a way of being present in a world that wants us to check out.

Katie spotting a student in Hand Balance class

Hard as it was, I loved that job. At the center, there were always people to share joys and struggles with. I learned to listen there. I learned that empathy means, *I feel you*. I learned about all the different shapes trauma can take, about how fierce and resilient people can be when there is little choice but to keep on.

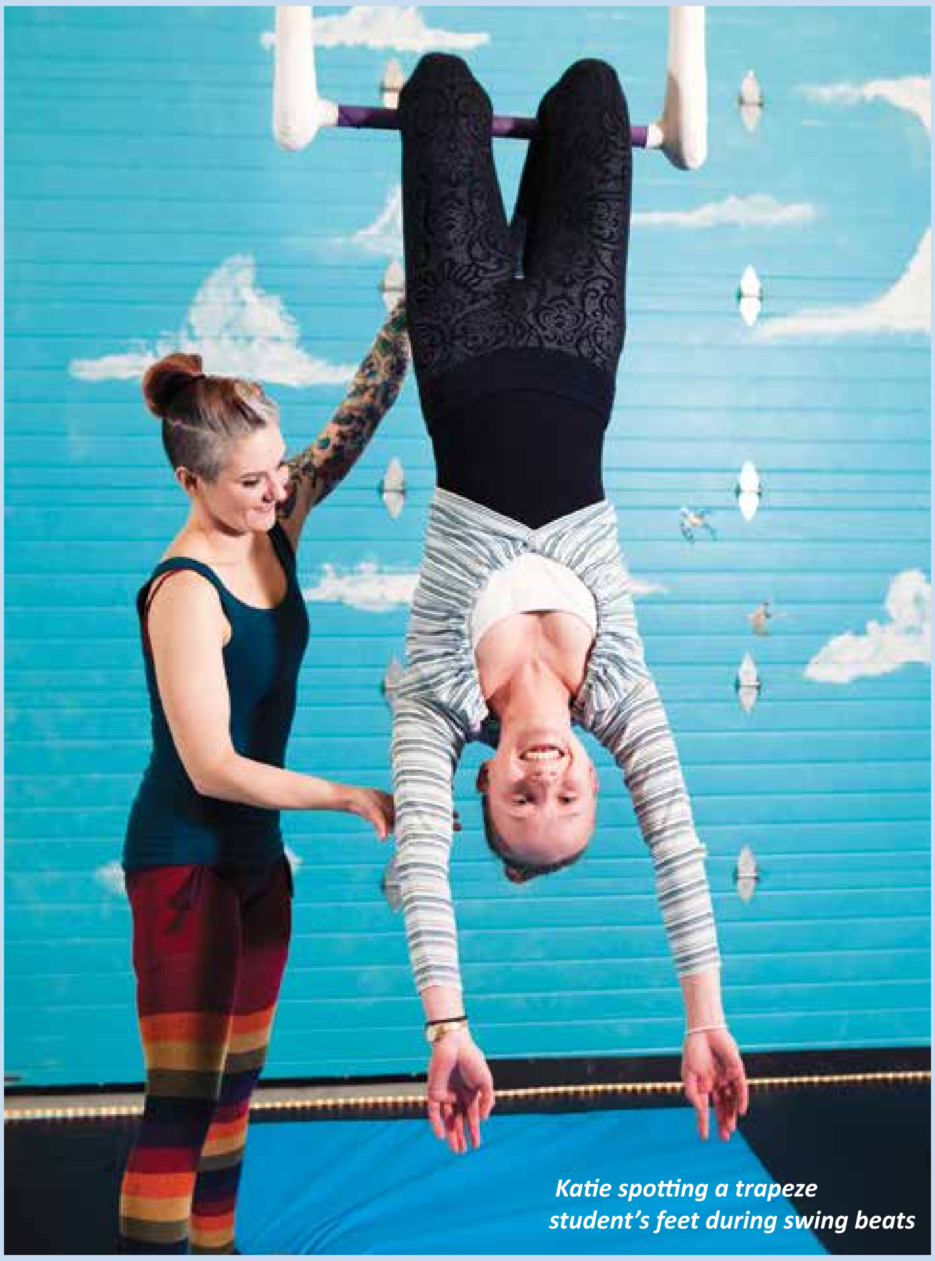
There was a nagging feeling in my gut though, what some people call intuition. The feeling told me to find what would make me feel alive, find what would teach me to be in my body again. For the first time since I was a child, I listened.

Deep play is a process where people become so engrossed in a task they lose track of time, not because they're checked out, but because they're keyed in. When a person is in deep play, he or she enters an expressive and imaginative realm, able to create worlds, to make connections, and to feel open to possibilities.

When a person is in deep play, he or she enters an expressive and imaginative realm, able to create worlds, to make connections, and to feel open to possibilities.

At a conference in September, I heard the underground comics artist Lynda Barry speak on the topic of art-making as deep play. She described deep play as "that moment when the kid is playing with the toys and the toys play back." There is a moment in adulthood, Barry said, where we're doing our thing, whatever thing it is we like to do, and we realize we're no good at it. Then we start to feel like if we're not good at it, we have no right to do it. The snotty, mean voice comes in, looks at what we've done, and says, "That's stupid."

What can be done with that voice? The one that says: be reasonable, you can't do that, it's too late, stick to what you know. Trapeze helps me to play that voice away.



Katie spotting a trapeze student's feet during swing beats

These days, I teach and play at The Ann Arbor Aviary, where I am grateful to take part in a growing community of local contemporary circus artists. When I'm upside down, I feel curious, bold, and strong. When I'm working with a creative partner, I am learning, through play, what it feels like to support another person and be supported. When I'm teaching circus arts, I am really teaching consent, teaching students to inhabit their bodies and build healthy relationships through communication and connection.

For flying to be safe, I have to be in my body. I have to take responsibility for my own and my circus partners' safety. I have to learn to take calculated risks, to respect my body's boundaries and limits, to be in the moment.

My trapeze is there, at the Aviary, wrapped in purple tape. I climb on and dangle from one knee because I have learned to trust that I can hold my own weight. I throw my head back and look at the clouds. On the ground, one character travels by handstand, a flower clasped in their toes. Others use their hips or their wrists or their voices to tell stories.

I climb up and hold one rope, arch my belly toward the floor and lean out over the trapeze. This pose is called mermaid. She abandoned her siren song, left the sea for the open air. I lean forward, poised like a bird on a perch. This pose is called swallow, a bird to help you find your way back home.

The Ann Arbor Aviary is located at 4720 S. State Road, Ann Arbor 48108. For more information about classes in aerial arts, dance, hand balancing, and flexibility, visit www.a2aviary.com or email us at contact@a2aviary.com. Kathleen Livingston claims to be more comfortable on her hands than feet. Her classes in trapeze, hand balancing, and flexibility offer courage, support, and strategies for your practice. For acrobatic and writing-related inquiries, contact her at ka.livingston@gmail.com.

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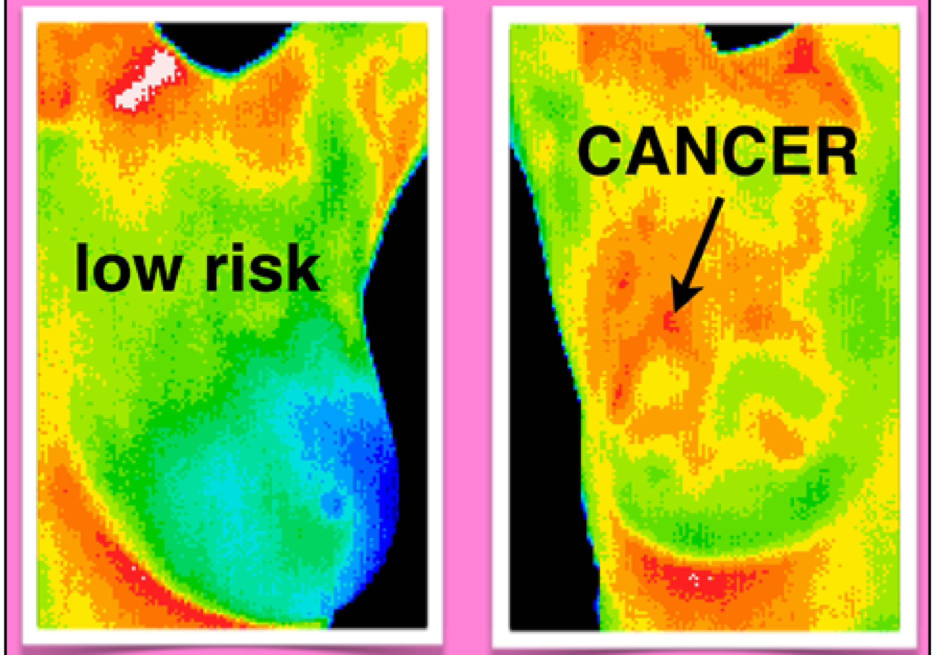

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Center of LIGHT

Workshop Weekends this summer with Mother Clare Watts:

Fear: Why we are afraid & the path to fearlessness, June 27, 7:30 pm
Transformed by the Light, June 28, 9 - 2 pm
Will: The Power to Commit, August 29, 7:30 pm

New Meditation Courses: Meditation and Power
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For more information and to register for events, please visit us at annarbor.centersoflight.org or call Selena at 734-330-5048

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The Crazy Wisdom Calendar

Childbirth (continued)

Focus on Labor and Birth: Childbirth Preparation Condensed Class through Center for the Childbearing Year • May 3, 9:30 a.m.-5 p.m. or June 21 and 28, 9:30 a.m.-1 p.m. • In this class, we focus on the basics of the labor and birth process including natural approaches to pain management, support techniques and comfort measures, and what to expect in the early weeks postpartum. $180 per couple. Call 663-1523, patty@center4cby.com or center4cby.com.

Top Seven Questions About Becoming a Doula: Monthly Teleseminar with Patty Brennan of Center for Childbearing Year • May 5, June 2, July 7, Aug. 4; 8-9 p.m. • This is an interactive teleseminar designed to explore whether or not becoming a doula is right for you. This is a free conference call for anyone wanting to learn about doula training, career paths, the "on call" lifestyle, blending doula work and family life, the viability of doula businesses, and more. Free. To pre-register, call 663-1523; patty@center4cby.com or center4cby.com.

DONA Birth Doula Workshop with Patty Brennan through Center for the Childbearing Year • July 25-27: Friday and Saturday, 8:30 a.m.-6 p.m. and Sunday, 8:30 a.m.-5 p.m. • Are you interested in a career working with moms and babies? Become a professional birth doula! You do not need to be a mother yourself nor have a medical background to become a doula - just a passion for birth and the desire to be a support role for other moms. This training is hands-on, skill based, and fulfills two certification requirements for birth doulas through DONA International. $510 or $450 with early registration. Call 663-1523, patty@center4cby.com or center4cby.com.

Breastfeeding Support Skills for Doulas with Barbara Robertson through Center for the Childbearing Year • Aug. 24, 8:30 a.m.-6 p.m. • This workshop ensures an up-to-date, evidence-based approach to breastfeeding. Tremendous leaps have recently been made in our understanding of how breastfeeding works and how to best support moms and babies. Any professional who works with moms postpartum will benefit from this workshop. $135 or $110 early registration. Call 663-1523, patty@center4cby.com or center4cby.com.

Reducing Childbearing Risks with Patty Brennan and Guest Instructors through Center for the Childbearing Year • May 16, 8:30 a.m.-6 p.m. • Become an agent for social change in maternal-infant health. How can we better serve mothers and families who have increased risks and limited resources? How can we maintain balance when serving high-needs clients? We will address challenges faced by community doulas and other professionals, including education to prevent prematurity, communication techniques that support behavioral change, support for women in abusive relationships, and boundary challenges and strategies for the care provider. 7.25 DONA Continuing Education Contact Hours. Free to professionals who work with childbearing women and their families. Call 663-1523, patty@center4cby.com or center4cby.com.

Childbirth Preparation and Newborn Care with Deb Rhizal • May 17, June 21, Aug. 16; a.m.-5 p.m. • A comprehensive one-day class that prepares expectant parents for labor, delivery, postpartum recovery, newborn care, and adjusting to new family life. $175. Call Hygeia at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Children & Young Adults

Complete listings for children are found in the Events Calendar for Kids section on page 76, devoted to events and classes for children, young adults, and families.

Fairy Tea at Crazy Wisdom Tea Room • Children and their families are welcome for tea and cookies served by real fairies! Celebrate with our enchanting fairies as they serve tea, treats, and magic. There will be story time with books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! $11 per person. Babies 18 months and younger are free. Tickets are only available by coming in to Crazy Wisdom or by phoning prior to the event. These events often sell out, so call early! Let us know of any food allergies. For information call, 665-2757 or email miranda@crazywisdom.net or crazywisdom.net.
Mother's Day Fairy Tea • May 11, 1 p.m. seating • Includes a craft for Mother's Day.
End of School Fairy Tea • June 19, 1 p.m. and 4 p.m. seatings
Back to School Fairy Tea • Aug. 28, 1 p.m. and 4 p.m. seatings

Chronic Pain/Chronic Illness

Magnetics and Pain Introductory Seminar with Karen Watanabe • May 1, June 5, July 3, Aug. 7; 12:30 p.m. • Participants will learn how magnetics affect the nervous system and experience magnetics firsthand. All attendees will be offered a free magnetic back and shoulder rollout. Free. Call 649-4226; karenewatanabe@gmail.com or nikken.com/karenw.

Restorative Yoga for Chronic Pain and Illness with Sara Hughes-Zabawa • Tuesdays, 6:30-8 p.m. or Saturdays, 10:30-Noon • This yin yoga class aims to reduce the emotional and physical pain and stress often associated with chronic illness and pain. Increase your vitality, immunity, and capacity for self-healing. Gentle, slow-moving class utilizes bolsters and props, and is appropriate for beginners. $140 for seven weeks. Call Hygeia at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

A Course In Miracles

A Course In Miracles Study Group with Lorri Coburn • Thursdays, Noon-1:30 p.m. • All welcome to study A Course in Miracles from a pure, non-dualistic framework. Free. Call 646-6585; lorricassie@sbcglobal.net or lorricoburn.com.

Craniosacral Therapy

Biodynamic Craniosacral Therapy for Physical, Emotional, and Spiritual Healing with Linda Kurtz • May 16 or Aug. 4, 7-8:15 p.m. • Learn how BCST connects you with your innate, underlying health. BCST can help you resolve many physical, emotional, and spiritual issues: depression and anxiety, back pain, TMJ problems, birth trauma, and autism. Learn through discussion and practice how BCST's skillful blend of trauma work, energy work, vipassana meditation, and pre- and perinatal therapy can transform long-held physical and emotional traumas and life patterns. Free. Call 769-4241; lindakurtzheartsong@gmail.com or bodyandsoulmassage.com.

Biodynamic Craniosacral Therapy and Your Life with Linda Kurtz • May 23 or June 27, 7-8:15 p.m. • Learn what BCST is, how it connects you with your innate, underlying health, and how it can be integrated into your practices of daily living. Learn some simple techniques that will help you be more present in daily life and cope better with anxiety, depression, and stress as well as help you connect more fully with universal intelligence. Learn how BCST's skillful blend of trauma work, energy work, vipassana meditation, and pre- and perinatal therapy can transform long-held traumas and life patterns. Free. Call 769-4241; lindakurtzheartsong@gmail.com or bodyandsoulmassage.com.

Crystals

Using Stones to Eliminate Stress with Jennifer Vanderwal • May 4, Noon-2 • Stress and anxiety affect our lives and physical health. Learn what stones are beneficial for reducing stress, techniques to use them, as well as how to use aromatherapy, feng shui, meditation, affirmations, and colors to reduce stress. $30. Call Pat at 734-416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Quartz Crystal Beginners with Jennifer Vanderwal • June 8, Noon-4 • Learn about quartz crystals, including configurations, record keepers, and isis crystals. Learn how to identify and use them as healing tools. Each participant also receives a free quartz crystal. $60. Call Pat at 734-416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Enhance Your Energy with Stones and Crystals with Jennifer Vanderwal • July 13, Noon-2 • Learn about various stones to increase physical, healing, and creative energies. Various techniques will be given to use with healing crystal arrays, aromatherapy, colors, meditations, and feng shui. $30. Call Pat at 734-416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

How to Effectively Use Crystals and Stones with Jennifer Vanderwal • Aug. 10, 11 a.m.-4 p.m. • This is a great class for beginners or kids! Learn properties of crystals and how they work. Experience the energy of stones and work with chakras. Construct healing crystal arrays for balance, harmony, and healing. $60. Call Pat at 734-416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Death & Dying

Death Cafe with Merilynne Rush and Diana Cramer • May 17, June 21, July 19, Aug. 16; 10 a.m.-Noon at Crazy Wisdom Tea Room • Gather with us for a relaxed and frank discussion about living and dying. There is no agenda other than to listen and share about how we can live more fully by becoming more familiar with death. Please join us! You will be uplifted. Free. Call 395-9660; mrush@afterdeathhomecare.com or afterdeathhomecare.com.

A Will for the Woods Documentary Film Screening with Merilynne Rush and Diana Cramer • June 1, 1-3 p.m. • This award-winning film has won the hearts of viewers across the nation with its story about Dr. Clark Wang, originally from Ann Arbor, who has lymphoma and is determined to have a green burial so that his last act nurtures the earth rather than harms it. Practical information about green burial will be included as well as discussion with local experts in the field after the film. $10. Call 395-9660; mrush@afterdeathhomecare.com or afterdeathhomecare.com.

Divorce Support

Cultivating Peace During and After Divorce with Melanie Fuscaldo • May 2, 1-2:30 p.m. • Cultivate your innate peace during and after divorce through a process that focuses on the gifts in any situation. Find hidden blessings and move into joyful power. $30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Your Divorce Workshop with Brenda Murphy, Rebecca Abel, and Judith Margerum • May 17, 9:45 a.m.-1 p.m.; July 24, 5:15-8 p.m. • This workshop is for women contemplating or starting the process of divorce. We empower women going through divorce by providing information and education about the financial, legal, and emotional aspects of divorce. $45. Cal Rebecca at 248-707-1564; info@womens-divorce.org.

CAROLE KIRBY *is a longtime therapist working with couples, individuals and families. Each season, she offers enticing personal growth and couples workshops. In June, she's leading a free workshop on the Impact of Technology and Social Media on Our Lives and Relationships. See the Personal Growth section on page 99.*

Dreamwork

Dreaming a World with Heart: Actively Dreaming a Vision of Our Future with Julie Tumbarello • May 10, 1-3 p.m. • As part of The World Day of Active Dreaming, we will be gathering to grow a positive vision of our future together. Using conscious dreaming, we will explore our own personal pasts and potential futures - tapping into gratitude and sources of guidance. Then, as a group guided through and with our hearts, we will explore and create a group vision of our future together. Free. Call 478-0160; info@dreamingjulie.com or dreamingjulie.com.

Becoming a Citizen of the Multiverse with Robert Moss • June 13, 7-9 p.m. • In this lively introduction to his cutting-edge new work on exploring the multiverse and the multidimensional self, Robert Moss, "The Boy Who Died and Came Back", will invite you to remember and live the deeper story of your life. You'll find strength here to weather the roughest days. You'll find confirmation of things you may have sensed or glimpsed in half-forgotten dreams. $20. Call Julie at 478-0160; info@dreamingjulie.com or mossdreams.com.

Dreaming Like an Egyptian with Robert Moss • June 14, 10 a.m.-5 p.m. and June 15, 10 a.m.-4 p.m. • Join us for a high adventure in dream archaeology, soul remembering, and starwalking. Be prepared for the experience of phoenix rebirthing and to discover what it means to be able to say, truly, in the hall of Osiris, "I have not obstructed water when it should flow." The ancient Egyptians understood that in dreams, our eyes are opened. $285. Call Julie at 478-0160; info@dreamingjulie.com or mossdreams.com.

Drumming

Drummunity Circles with Lori Fithian • May 14, June 18, July 24, Aug. 13; 7-9 p.m. at Crazy Wisdom Community Room • Get your hands on a drum and add your sound and spirit to the community groove. All are welcome to join in the circle. No experience necessary. Drums available. Free. Call Lori at 426-7818; lorifithian@mac.com or drummunity.com.

Tree of Life Community Drum Jam • May 23, June 27, July 25, Aug. 22; 8-11 p.m. • Join us for open drumming. If you don't have a drum, don't worry - use one of ours. This monthly event is free and open to all ages. Bring the whole family and come out to create rhythm, support cultural arts, and build community. Coffee and tea available. Free. Call 433-0697; info@treeoflifestudio.org or treeoflifestudio.org.

On May 1, 2014, the Crazy Wisdom Calendar will be available online at our new website: www.crazywisdomjournal.com.

The Crazy Wisdom Calendar

BARBARA SALEM *has been practicing massage and craniosacral therapy in Ann Arbor since 2001, and co-teaches a class at the Cancer Support Community. For more information, see her business card on page 20 in the Resources for Conscious Living section.*

Earth Healing

Earth Healing Meditations and Potlucks with Group of Forty, with Aileen Storoshchuk and Karlta Zarley • First Saturday of the month, 6:30-10 p.m. • We will be joining energies with Group of Forty to learn to raise and focus our frequencies in service to healing Mother Earth. Sessions channeled by David Miller. No experience required. Come learn how to live in greater service to Gaia. Free. Call Aileen at 810-701-2874; aistor@comcast.net.

Egyptian Mysteries

Exploring the Great Works of Thoth and Isis: An Egyptian Mysteries Retreat with Nicki Scully and Normandi Ellis • May 8-12 • Enter new portals into ancient teachings as we explore the ways in which ancient sacred texts provided the soul with a roadmap to a deeper and fuller spiritual life on the physical, mental, and spiritual planes. Learn how the ancients worked with natural laws that enhanced their abilities to create opportunities for magic to happen and to further prepare us for the next stage of our evolutionary process. Participants will be guided into a deeper relationship with Isis and Thoth through meditation, ritual, and discussion. $888. For times, call Stasha at 541-653-0065; stasha@shamanicjourneys.com or shamanicjourneys.com.

Energy Healing

Energetic Healing with Cathleen Francois • June 1, 9 a.m.-5 p.m. at Crazy Wisdom Community Room • Begin to understand the principles of the science and logic behind energy healing through the comprehensive format. Participants will learn how to engage their own natural energetic abilities, experience techniques of various healing modalities, and gain understanding of the tools and treatments used by today's integrated and holistic providers. $160. Call Vickie at 677-4430; continuinged@aaimt.edu or aaimt.edu.

Strengthening Your Energy Centers with Wasentha Young • May 5 and 12, 6 p.m. • During these sessions, participants will playfully explore, cultivate, and unify their fields of energy for the purpose of integration and promoting health. $50. Call Peaceful Dragon School at 741-0695; info@peacefuldragonschool.com or peacefuldragonschool.com.

The Healing Power of Circling Energy with Wasentha Young • June 9, 16, and 23; 6-7 p.m. • Using circular movement, we will explore energy techniques used to consciously connect with earth, universe, and nature energy for the purpose of promoting health and enriching our own energy. These methods have the potential to strengthen chi (energy) and increase the flow of healthy energy to our organs. When possible, this class meets outdoors. $50. Call Peaceful Dragon School at 741-0695; info@peacefuldragonschool.com or peacefuldragonschool.com.

Self-Care Energy Work: Qigong with Wasentha Young • Mondays, 9-10 a.m.; Tuesdays, 6-7:15 p.m.; Thursdays, 6-7:15 p.m. • Learn self-care techniques that cleanse, nurture, and revitalize your mind/body/spirit, leaving you with a renewed sense of well being. These sessions offer you basic Chinese yogic stretches, breathing and visualization meditations, and self-acupressure that empower your "sense ability" and can be easily added to your self-care toolbox. Register for one class and you can attend all three sessions per week, at no extra cost. $185. Call Peaceful Dragon School at 741-0695; info@peacefuldragonschool.com or peacefuldragonschool.com.

Soul Orientation Classes with Abbe Grossman • May 19, June 25, July 21; 7-9 p.m. • Experience a connection to your soul essence energy reflecting into your body. Learn about creating energetic containers surrounding your electromagnetic field, preventing you from absorbing the emotions/energy of others. Practical tools for grounding yourself, office or home and staying calm and present. $15. Call 248-470-5738; abbe@sensologyinstitute.com or sensologyinstitute.com.

Starseed Healing and Unified Chakra Awakening with Karen Greenberg • May 4, Noon-5 • Learn to utilize a tuning fork to gather and release energies that no longer serve, and a chime to harmonize the energies along 50 different body points. Learn to awaken approximately 100 points to fully awaken the new chakra system of 2,418 chakras, following the full light body Adam Kadmon activation. $166. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Energetic Hygiene with Karen Greenberg • May 4, Noon-5 • Learn traditional tools and techniques to detect and clear negative energies from yourself, others, from a room, home, building, and grounds. Learn how to make holy all of the above, and about lower energy and higher energy beings. $99. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Adam Kadmon Full Light Body Activation with Karen Greenberg • May 4, 5-10 p.m. • Work toward creating the divine union energy between you and your mate. Learn to flow an infinite energy exchange, and enhance your light, energy, power, spiritual connection, and creativity, following the full light body Adam Kadmon activation. $295. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Adam Kadmon Activation and Energy Balancing Training with Karen Greenberg • July 26, Noon-6 p.m. • Learn how to perform the full light body 24 strand DNA activation on your clients. Learn how to balance their elemental, magnetic, etheric, auric, and dimensional energies. Learn how to remove a spiritual cap, to perform a cord cutting, and to perform a karmic matrix removal. $166. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Your Hands Can Heal You: Introduction to Pranic Healing with Dave Krajovic • May 14 or Aug. 5, 6-8 p.m. • Learn to heal with your hands. Feel energy and learn a simple technique to relieve stress and enhance the body's energy flow. Learn the secrets as to how this amazing healing tool known as pranic healing is changing the world. $15 (donation to Forgotten Harvest Food Bank). Call 734-416-5200; info@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

> No matter what happened yesterday, it is insignificant when compared to what lies within the core of your being today.
>
> — SANDY BREWER

Free Pranic Healing Clinic with Dave and Pat Krajovic • Third Wednesday of each month, 7-8:30 p.m. • Dissolve and disintegrate dirty energy and blocked energy. Pranic healing is effective with many illnesses and diseases. Meditation twin hearts at 7 p.m. Other pranic healing practitioners welcome. By donation to Forgotten Harvest Food Bank. Call Pat at 734-416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Learn the Emotional Freedom Technique with Melanie Fuscaldo • May 6, 1-2:30 p.m. • Learn a powerful tool you can use anytime to improve your health, career, abundance, relationships, retirement, and more. It has unlimited potential to release what is not life-enhancing (fears, trauma, depression, negativity, disease) and increase whatever you choose to add joy to your life. As you experience reduced internal conflict, you can reduce your suffering and increase your peace. $30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Healing Touch Certificate Program: Level 1 with Barb McConnell • July 10 and 11 • Learn 12-14 basic techniques to balance and energize the human energy system and promote healing. Includes lecture, demo, and hands-on. 18 CEs for nurses and massage therapists. $290 early registration includes notebook. For times, call 517-914-4133; mcconb51@bigplanet.com.

Healing Touch Certificate Program: Level 2 with Barb McConnell • June 7 and 8 • For those who have completed Level 1. We will review Level 1 and learn back techniques and spiral. Emphasis is on developing healing sequences for specific needs. CEs available for nurses and massage therapists. $290 early registration includes notebook. For times, call 517-914-4133; mcconb51@bigplanet.com.

Healing Touch Certificate Program: Level 3 with Barb McConnell • May 17-18 or July 19-20 • For those who have completed Level 1 and 2. This class is about you. Learn how to increase your energy level to facilitate a deeper healing in your clients. We will cover chelation, lymphatic drain, and additional back techniques. $290 early registration includes notebook. For times, call 517-914-4133; mcconb51@bigplanet.com.

Healing Touch Certificate Program with Deborah Larrimore and Barb McConnell • Aug. 14-17 • Prerequisite: HT Levels 1-4. This level completes the certificate program of Healing Touch Practitioner and prepares you for national certification as a Certified Healing Touch Practitioner. CEs available for nurses and massage therapists. $425 plus $25 notebook, plus room and board. For times, call Barb at 517-914-4133; mcconb51@bigplanet.com.

Enneagram

The Essential Self in Everyday Life with Su Hansen • May 14, June 4 or Aug. 13; 7-8:30 p.m. • An introduction to relaxing your fixed patterns of attention, thoughts, and behavior to live more fully and authentically in your everyday life, based on the Enneagram. These are stand-alone sessions or as preparation for fall growth groups. $10. Contact go2suhansen@gmail.com.

Essential Oils

Be Young Essential Oils Support Group with Karlta Zarley • Second Tuesday of each month, 7- p.m. • Many of us are interested in the potent effects of Be Young essential oils but aren't sure how and when to use them. This is for anyone using Be Young oils that wants to learn more about them for daily use. $15 suggested offering. Call 433-9333; kzarley@att.net or karltazarley.com.

Exercise & Fitness

Ringstar Studio Classes • Call Diane Miller at 585-307-0402; diane@a2ringstar.com or a2ringstar.com.
Open Gym • Sundays, 4-8 p.m. • Exercise and express yourself by taking advantage of all the studio has to offer during this open practice time. Enjoy the use of mirrors, padded floors, aerial equipment, and tumbling mats. $5-$8.
Open Archery • Sundays, 2-4 p.m. • Practice target shooting in an indoor archery range. Suitable for kids and adults alike. Arrows and targets provided, bows available for rent or bring your own recurve. $5, with $3 bow rental.
Aerial Silks • Thursdays, 6-7 p.m. • Learn the beautiful circus art popularized by Cirque du Soleil. This class is for adults. No experience necessary. $10.

Partner Acrobatics with Connor Otto • Mondays, 6:15-7:45 • Partner acrobatics (often called AcroYoga) offers an exploration into partner dynamics through balance postures and movement. Each class is available on a drop-in basis and will offer a focus on different moves, allowing you to slowly build your repertoire. If you have never tried anything like this, don't worry; this class is meant to be for everyone. Come solo or with a partner. $15 per class or $50 per month. Call 646-9222; connor@connorotto.com or connorotto.com.

Exhibits

Grand Opening and "Craft" Show at Habitat Reskill Center • June 7, 10 a.m.-3 p.m. • Come visit a learning center for herbology, permaculture, basketry, candlemaking, soapmaking, and much more! Free. Call Peggy at 646-3549; reskillschool@gmail.com or habitatreskillcenter.com.

Festivals & Fairs

2014 Water Hill Music Fest • May 4, 2-6 p.m. (rain date one week later) • Stroll through the Water Hill neighborhood and listen to musicians of all experience levels playing music on front porches, in front yards, and on the sidewalks. This year's festival is a fundraiser for Chris Buhalis. For more information and to donate, visit their website. Volunteer opportunities are also available. Water Hill is the Ann Arbor neighborhood bounded by Miller, Brooks, Sunset, and the railroad tracks, on the northwest fringe of downtown. Visit www.waterhill.org.

Ann Arbor Summer Festival • June 13-July 6 • Join us for a spectacular 31st season of the best in music, dance, comedy, film, and street arts for the family and our greater community. Free. For a complete schedule, visit a2sf.org.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section that follows the Calendar, which is called "Background Information" and which starts on page 109.

Bach®
INTERNATIONAL EDUCATION PROGRAM
Courses approved by the Bach Centre, UK
Ann Arbor Schedule

May 17-19 Level 2 Advanced Workshop
August 7-10 Level 3 Practitioner Training
October 18-19 Level 1 Introductory Course
on the Flower Remedies of Dr. Edward Bach

Courses approved by The Bach Centre

NCBTMB CEUs available

Carol Bennington
Bach Foundation Registered Practitioner
Bach International Education Program Instructor
Consultations, Courses & Presentations
www.Awakening-Hearts.com 734-726-4303

Learn how to safely and effectively reduce stress and balance emotions

YogaFest 2014 with Song of the Morning Yoga Retreat • July 31-Aug. 3 • YogaFest offers individuals of all backgrounds an opportunity to embrace the universal truths and varying expressions of spirit in a four-day festival held in beautiful, natural surroundings. The event will include yoga and movement classes of all levels, group and individual meditations from various traditions, live and electronic music, a healing arts tent, workshops and hands-on projects in permaculture, children's jump-for-joy tent, and local vendors to support creative crafts, healthy living, delicious vegetarian food, and more! Join us for this uplifting outdoor weekend festival as we create an ever-growing community together. $140 weekend pass. Call Ashtar at 989-983-4107; yogafest@songofthemorning.org or yogafestmi.com.

Michigan Pagan Fest with Donald Michael Kraig and AnnMoura • June 13, 10 a.m. through June 15, 6 p.m. • Experience over 30 classes, evening drumming and entertainment, children's workshops, camping, and community. $75 at the gate or $55 prepay (does not include camping). Call Diane at 810-241-6860; mipaganfest@gmail.com or mipaganfest.org.

Latin Fest with White Lotus Farms • July 19, 4-8 p.m. • White Lotus Farms presents a free, outdoor celebration of Latin culture, music, and food. There will be live music, dancing, and a Pilar's Tamales cart, all in the farm's beautiful gardens. Free. Call Kat Tsomo at 474-6430; info@whitelotusfarms.com or whitelotusfarms.com.

2nd Annual Kids Holistic Fair • July 26, 10 a.m.-2 p.m. • Come on out and enjoy the day at Bush Park in Fenton for the Kids Holistic Fair, where kids and families have the opportunity to discover ways to live a more sustainable and healthier lifestyle! Free. Call Robin at 810-516-5574; robinm@myholisticapproach.com or myholisticapproach.com/pages/events.

Film

Sustainability Film Series with Ypsi Food Co-op, Ypsi Downtown Library, Transition Ypsi, and Growing Hope • May 9, June 13, July 11, Aug. 8; 7 p.m. • The film screening takes place immediately following Growing Hope's monthly community potluck, which starts at 6 p.m. Please bring a dish to share. Our goal is to screen documentary movies on topics that teach about the building blocks of a sustainable and resilient community, such as sustainably grown food, clean and available water, stable infrastructure, good health, art and soul, economic justice, renewable energy, and right livelihood. Free. Call Lisa at 483-1520; lisa@ypsifoodcoop.org or ypsifoodcoop.org/content/sustainability-film-series.

Native American Movie Night with Heritage of Healing • May 19, June 16, July 17 • Everyone is welcome to join us in watching films by and about Native Americans. Includes both documentaries and fiction. Donations appreciated. For times, call Shoshana Beth Phillips at 550-7094; info@heritageofhealing.org or heritageofhealing.org.

Free Films and Discussion at Jewel Heart • Fridays, 7 p.m. • Bring your friends and enjoy a free film and discussion about dharma and the film. Concessions are available. Call 994-3387; programs@jewelheart.org or jewelheart.org.
May 30 • Zen
June 27 • Crazy Wisdom
July 25 • Tulku
Aug. 22 • The Sixth Sense

Flower Remedies

Bach Flower Remedies International Education Program: Level 2 - Advanced Workshop with Carol Bennington • May 17 and 18, all day • This two-day interactive workshop, approved by the Bach Centre, UK, focuses on developing personal awareness and increasing the depth of knowledge of Dr. Bach's flower remedies. CEUs available. Pre-requisite: Level 1. This is the second step in becoming a Bach Foundation Registered Practitioner. For cost and times, call 726-4303; journey@awakening-hearts.com or awakening-hearts.com.

The Crazy Wisdom Calendar

Fundraisers

Starry Skies Equine Rescue Fundraiser with Diane Ratkovich • May 10, 11 a.m.-3 p.m. • Bring your family and friends out to meet beautiful horses and support a wonderful cause in your community. 100% of proceeds go to Starry Skies Equine Rescue and Sanctuary. Sponsored by Diane Ratkovich of Tree House Realty. Free with donations appreciated. Rain date: May 17. Call 845-6542; homewithdiane@gmail.com or horsehomes.info.

10th Circle of Art: A Silent Art Auction to Benefit Food Gatherers hosted by Saline Picture Frame Co. • May 18, Noon-5 p.m. • Come and participate in an auction for hundreds of small original works of art donated by the artists of our community to help Food Gatherers fight hunger where we live! Join us for the Circle Party and Silent Auction. Visit circle-of-art.net to see the art as it comes in or to find out how to make a donation. Call 734-429-3352.

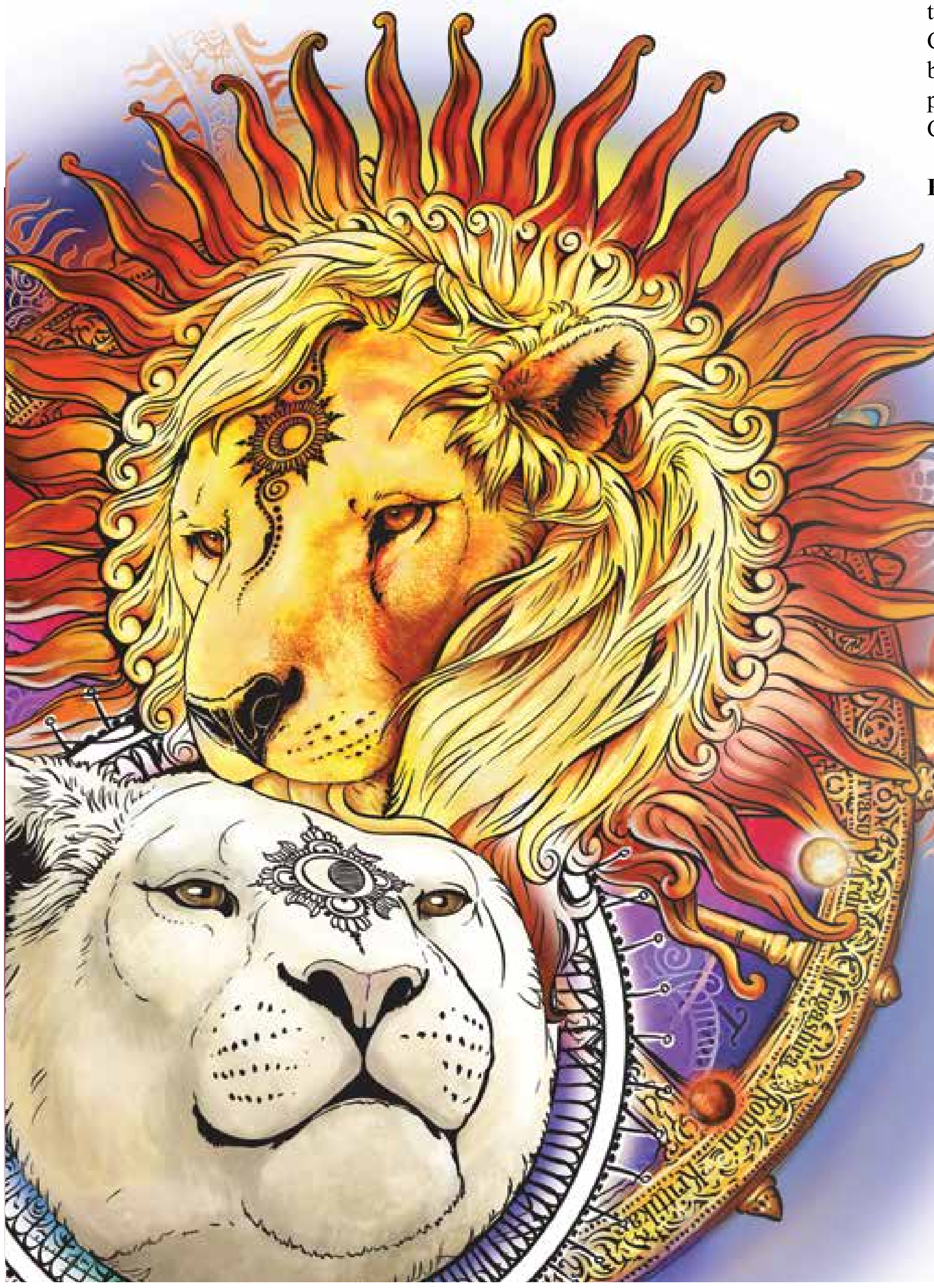
> The universe will use any vehicle and any medium to communicate with us. Our job is to be alert and to listen.
>
> — Elaine Seiler

Healing

Healing Night with Lighthouse Center and Raksha Penni Helsene, Facilitator • Third Wednesday of each month, 7:30-9 p.m. • Meditation from 7:30-8 p.m., followed by Reiki healing provided by Reiki healers from the Lighthouse Center. By love offering. Call Prachi at 734-417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Healing Circle with Deep Spring Center • Tuesdays, Noon-1 • All levels of meditators are welcome. We'll sit together, then offer or receive the loving touch of health and wholeness. Please come whenever you can or join us at that time in spirit from wherever you are. Also, let us know of your wellness concerns and we will "call you in" and "hold you in the light" at our group's gathering. By donation. Call 477-5848; om@deepspring.org or deepspring.org.

Artwork by Brandi Lyons



Distance Healing Circle with Glenn Pailthorp • Fridays, 9 p.m. or Sundays, 2 p.m. • This circle is primarily designed to support those who are interested in remote healing as a daily spiritual practice, but everyone is invited. $10. Call 417-8682; glenn@pailthorp.com or pailthorp.com.

Magic of Healing Workshop with The Aetherius Society • May 10 or Aug. 2, 9:30 a.m.-5 p.m. • This workshop includes a complete, balanced, safe and highly effective hands-on healing method, preparation and visualization methods that ensure a safe, clean environment for the healer as well as the patient, and a mystic practice to help charge and protect the healer with spiritual energy. Learn a self-healing technique, a distant healing method where you can learn to heal loved ones and friends over a distance, a relaxation technique, and how to enhance your healing energy. $95 or $50 refresher price. Call Chrissie at 248-588-0290; info@aetheriusmi.org or aetheriusmi.org.

Spiritual Healing Evening with Bonnie Watson • Tuesdays, 7:40 p.m. • Spiritual healing has been proven to help alleviate pain and suffering, bring deeper relaxation, bring clarity and peace of mind, speed recovery from illness or injury, and bring inspiration and strength. Experienced and caring healers will offer this hands-on treatment. Love offerings greatly accepted. Call Chrissie at 248-588-0290; info@aetheriusmi.org or aetheriusmi.org.

Natural Spiritual Healing Course: Diploma Program, Weeks 1 and 2 with Self Realization Meditation Healing Centre • Aug. 10-23 • Transform yourself and the lives of others, develop a healing practice, take healing skills and knowledge into your way of life and work or take the course as part of a personal self development program. Five weeks training over two years, including an individual assessment. $1,631.83 includes delicious, home-cooked vegetarian meals, shared room lodging, and taxes. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Herbs, Plants & The Garden

Chakra Garden Parties with Kathy Squiers (Kalaea)• Heart Chakra: May 4, Throat Chakra: June 1, Fire Chakra: Aug. 3; 10 a.m.-4 p.m. • Join us to open and energize each of the seven chakra gardens in development for creative retreat and healing sanctuary. Chakra garden parties are being scheduled each month through November to remove sod, plant plants, mulch, water, and generally tend these growing energy centers meant to be conduits for personal, global, and universal visualizations, inspirations, and healings. Donations for materials gratefully accepted. Call 385-6560; kathy@sylvanrunsanctuary.com or sylvanrunsanctuary.com.

Herbal Medicine Making with Rowena Conahan • Aug. 2, 1-5 p.m. • Learn how to take herbs from the field, forest or even your yard and make a variety of useful items. Current literature on the subject will be examined. The process for producing salves, oils, balms, tinctures, decoctions, infusions, and more will be explained, demonstrated, and put into practice in this hands-on class. $45. Half price for ages 6-12 with a paid adult. Call 531-8330; naturelearningcommunity@gmail.com.

Forage and Feast with Rowena Conahan • June 28, 10 a.m.-4 p.m. • Learning to forage is only half the battle! You also need to know what to do with your harvest when you get home. Here's an opportunity to learn what to do from the field to the plate. We'll focus on just a few plants - learning to identify, harvest, clean, and prepare them - culminating in a shared meal using the plants we harvest along with items supplied by the instructor. $45. Children 12 and under half price with paid adult. Call 531-8330; naturelearningcommunity@gmail.com.

Plant Study with Karen Chalmer • May 17, 3-5 p.m. • The plant is our teacher. Using magnifying glasses, our sciences, and our hearts, we learn. $5. Call 475-7451; communityfarmofaa.org.

Ann Arbor Garden Walk with Woman's National Farm and Garden Association • June 14, 10 a.m.-4 p.m. • This year's Walk features seven private gardens with something for everyone - small space gardening, rain gardens, lush shade gardens, and water features. 100% of proceeds benefit local organizations and projects related to horticulture, education, agriculture, and the environment. $15. Call Nancy at 253-2675; nancy9lynch@gmail.com or annarborfarmandgarden.org.

Weed Walk with Linda Diane Feldt • May 25 or June 15, 2:30-4:30 p.m. • With a leisurely stroll through a local park, you will learn foraging tips, how to use herbs for simple healing, and how to better know and appreciate the plants around us. Children welcome. $10-$20 sliding scale with handouts provided. Children under 12 free. Call 662-4902; ldf@lindadianefeldt.com or holistic.lindadianefeldt.com.

Herbal Wisdom Series with Linda Diane Feldt • 7-8:30 p.m. at Crazy Wisdom Community Room sponsored by People's Food Co-op • All evenings are free. To pre-register, call Karen at 212-0010; outreach@peoplesfood.coop or peoplesfood.coop.

May 20 • Herbal Allies for the Digestive System • Herbs can help many common digestive problems as well as nourish this system vital to your health and immune functioning. The remedies can be simple, inexpensive, and even tasty. From GERD to hemorrhoids, and everything in between, find out what herbs may help.

July 15 • How to Talk to Plants and Avoid Giving the Impression of Lunacy • This popular talk gives ideas about how to tell what a plant needs, what value the plant has, and easy ideas to enhance your plant intuition.

Foraged Brunch with Deanne Bednar • May 17, 10 a.m.-1:30 p.m. • Learn about and harvest wild plants that you can eat, and experience a rocket cook stove in action as we cook up a brunch of omelettes with local eggs and our wild-harvested plants! Wrap it all in injira sponge bread made from local grains (brown rice and quinoa available, too). Rain or shine. Limited to 12 with tour available. $35 with early payment discount offered. Call 248-628-1887; strawbalestudio.org.

Wild Edible Greens: Herb Walk with Nia-Avelina Aguirre • June 21 or Aug. 3, 9-Noon • Save money on your grocery bill and learn how to identify safe and nutritious wild edible greens that you can add to salads, soups, casseroles, and more! Health benefits will be discussed, too. $25. Call 883-7513; niaaguirre@aol.com.

Gardening Series with Bloom! Gardens • 2 p.m. • Free. Call Stacey at 426-6600; stacey.bloom.ed@gmail.com or bloom-gardens.com.
May 17 • Dexter Garden Club Weekend Event • Come meet local suppliers of sustainable products for your garden. We will showcase hoop house building, organic and biodynamically grown plants, and local food offerings.
June 14 • Fairy Gardens and Small Fantasy Plantings • Tired of the same old annuals decorating your porch pots? Come learn a different approach to container gardening by creating small scenes for your own summer stock production.
June 28 • Water Gardening: Get Wet and Wild or Moist and Mild • No better place to garden in the heat of summer than your own water garden. From quiet reflecting pools, container ponds, and pondless streams to fountain-enhanced water features and large ponds, we will get you started in time to set up your own this summer.
July 19 • Topiary for All Ages • Have you ever wanted to take home a colorfully planted animal topiary from Disney World? Come learn how to make your own.
Aug. 16 • Seed Saving and Propagation • Become a seed saver this year by learning how to choose the best way to preserve genetic lines through seed collection and propagate beloved shrubs not available in the marketplace.

Twilight Tunes with Bloom! Gardens • May 16, June 20, July 18, Aug. 15; 6-9 p.m. • Come celebrate spring's arrival with good local folks who like to have fun in the garden! Music and light refreshments can be enjoyed while shopping for your garden, friends, and family. Call Stacey at 426-6600; stacey.bloom.ed@gmail.com or bloom-gardens.com.

Holistic Health

Holistic Health Series with Shannon Roznay • 7 p.m. • All lectures are free. Call Jessica at 470-6766; jessica@thrive-wellness-center.com or thrive-wellness-center.com.
May 5 • Natural Allergy Relief • Seasonal allergies can be improved with proper nutrition and supplements. Come find out natural ways to avoid spending all your money on Claritin and Zyrtec.
May 21 or July 28 • Win the Sugar War • Sugar is bad for us, but why do we love it so much? Learn how to reduce cravings and win the war on sugar.
June 2 • Stress and Fatigue • The pace of our busy lives can wreak havoc on our health. Anxiety, mood swings, and lack of energy can all be improved with the right nutrition. Find out how to handle these problems naturally.
June 18 • Hormone Health • Tired of riding the hormone roller coaster? Learn natural ways to balance your system.
July 16 • Detoxify • Do you feel that you overindulge too much? Want to get started on the right track? Learn how to clean up your act and work on a healthier lifestyle.
Aug. 13 • Back to School Tips • Start your kids off right this year with healthy back to school snack and lunch ideas.

Wellness Sampler: BodyWorks Healing Center Open House with Dave and Pat Krajovic • May 16, 6-8 p.m. • Sample some of the many services offered, including acupressure, ayurveda, amethyst biomat, access consciousness, ascension breathwork, craniosacral therapy, hot stone chair massage, reflexology, reiki, pranic healing, and paraffin treatment for hands and/or feet. $45 for three 15-minute sessions or $18 for an individual 15-minute session. Call Pat at 734-416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Relaxation for Body, Mind, and Spirit Day with Self Realization Meditation Healing Centre • May 10, 11 a.m.-5 p.m. • Nurture yourself with a relaxing yoga class and a delicious home-cooked vegetarian lunch and refreshments for your body, quiet time for your spirit, and an optional pure meditation foundation class for your mind. Treat yourself to a retreat by either arriving Friday evening or staying until Sunday morning. $39 with lunch or $86 with accommodation and all meals. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.
Pure Meditation Foundation Class with Self Realization Meditation Healing Centre • Aug. 2, 3-5 p.m. • Conquer stress, improve concentration, and find inner peace. Of value in all walks of life, this training includes the meditative peace breath and helps you be in charge of how you feel physically, mentally, and emotionally. It takes only a few minutes to practice each day. $60 includes book and follow-up appointment. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Vibrational Intimacy: Discovering Your Personal Relationship with Healing Sound with Laurel Emrys • May 18, June 22, July 20; 2-5 p.m. • Ignite your natural ability to enhance health, relax your mind, and expand consciousness. This evolutionary system of brainwave-shifting sound healing provides listeners with a heartfelt and deeply enjoyable experience. Discover how easily you can release undesirable states, re-evaluate old experiences, and receive loving guidance so that you can take the next step in your life, right now. $30. Call 761-7699; info@laurelemrys.com or laurelemrys.com/sound-healing.

> The poetry of mother earth is truly alive! When we open our ears . . . we hear it. When we open our hearts . . . we can feel it. When we open our minds . . . we shall see it!
>
> —Timothy Pina

Homeopathy

Castle Remedies Introduction to Homeopathy with Mary Tillinghast • Choose from one of the following sessions: Saturdays, 2-4 p.m.: Jan. 25, Feb. 22, Mar. 29, April 26 or Wednesdays, 7:30 p.m.: Jan. 8, Feb. 5, Mar. 12, April 16 • The goal of this class is to become comfortably familiar with choosing homeopathic remedies for common symptoms for yourself and loved ones. Infants and partners welcome. $60. Call 973-8990; marytillinghast@gmail.com or castleremedies.com.

Hypnotherapy

Demystifying Hypnotherapy with Marjorie Farnsworth • May 19, 6:30-7:30 p.m. at Crazy Wisdom Community Room • Do you sabotage your own goals? Want to quit smoking, lose weight, play better golf, but every time you just have to have that cupcake, that cigarette or you see yourself losing the game before you even get to the course? This class is for you and hypnosis can help. Free. Call 347-8180; info@spiritassisthypnotherapy.com or spiritassisthypnotherapy.com.

Infant Massage

Learn to Massage Your Baby with Melissa Neill • July 19, 2-3 p.m. at Crazy Wisdom Community Room • Come and spend an hour with other moms and caregivers learning the therapeutic effects of baby massage! We will practice some easy to learn strokes on our babies. Expectant parents are welcome to sign up and will be able to practice on dolls to enable them to start benefiting right after birth. $25. Call 834-7801; melissa@babybasics.me or babybasics.me.

Baby Massage Classes with Melissa Neill • Four Mondays starting May 5, June 2 or Aug. 4; Noon-1 p.m. or Four Tuesdays starting July 1; Noon-1 p.m. • Baby massage classes give mom or caregiver a special time to bond with their baby and are a great way to meet others. Fun, easy to learn strokes can be used for many years to come to enhance your connection with your child, help ease minor ailments, and increase baby's socialization skills. $75. Call 834-7801; melissa@babybasics.me or babybasics.me.

Integrative Medicine

Integrative Oncology: Holistic Medicine for Cancer Patients and Survivors with Diana Quinn and Abby Humphrey • May 14, 6-8 p.m. • This is an informative evening with holistic practitioners to discuss evidence-based integrative medicine and acupuncture for cancer patients and survivors. Topics covered will include making informed decisions about nutritional supplements based on research, how acupuncture can help manage symptoms and enhance immune function, and lifestyle and nutrition to support optimal health. Free. Call Diana at 547-3990; drquinn@drdianaquinn.com.

Integrative Mental Health with Diana Quinn and Abby Humphrey • July 16, 7-8:30 p.m. • Join us as we discuss the benefits of integrative medicine to augment treatment for depression and anxiety. Learn how naturopathic medicine and acupuncture complement mental health services to provide comprehensive and holistic care. Free. Call Diana at 221-0225; drquinn@drdianaquinn.com.

Intuitive & Psychic Development

Drop-In Intuitive Readings and Dreamwork with Irena Nagler in the Crazy Wisdom Tea Room • Second and Fourth Fridays of each month, 6:30-9:30 p.m. • Participate in a shared, interactive dream, allowing the soul to release energy, flow, and insight. Irena can use card decks or other objects to focus or simply tune in with the intention to help activate the client's own powers of discernment, creativity, and confidence in choosing the adventures that call to them. She can help with exploration of dreams recalled from sleep or waking dream-states. $1.50 per minute. No appointment necessary. Call 996-1772; birena@umich.edu.

Drop-In Intuitive Readings with Marcella Fox in the Crazy Wisdom Tea Room • First and Third Sundays, 3-6 p.m. • $1.50 per minute. No appointment necessary. Call 717-8513; marcellapfox@gmail.com.
Heart Based Intuitive Development with Melanie Fuscaldo • May 9, 1-2:30 p.m. • Develop your intuition with heart based techniques to discover information about relationship, health, and spiritual goals. Explore inner purpose and career/retirement path. $30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Teleconference: Focused Mind Meditation Practice Session with John Friedlander • May 4, June 1, July 6, Aug. 3; 10-Noon • The development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a whole new level of mental clarity and spiritual openness. Each participant will both leap ahead with his/her spiritual abilities, and also make an excellent start in developing sustained focused attention so valuable in developing both abilities and character. $15. Call Violeta at 677-2761; mvaviviano@gmail.com or psychicdevelopment.cc.

Energy Psychology — When Talk Therapy Just Isn't Enough!

By Joanne Karpinen

I recognized, early in my career, the limitations existing in my profession as a psychologist when it came to helping clients heal from trauma and post-traumatic stress disorder (P.T.S.D.). During my years working in mental health emergency, I saw people at the height of their vulnerabilities, exhibiting symptoms such as flashbacks, severe depression, suicidal thoughts, psychotic breaks from reality, and panic attacks mimicking heart attacks. Their traumas created a living nightmare that kept recycling. Clients were able to find temporary relief through talk therapy, which taught coping strategies, and through medication, which helped to medically manage symptoms, but there was nothing to help *cure* their discomforts in order for them to become fully functioning and well. Intuitively, I knew there was something more — something that would not simply manage, but alleviate and even cure menacing symptoms, all without the side effects of medication.

I studied Touch for Health, esoteric healing, craniosacral therapy, and Reiki. While helpful in invoking a relaxation response, these techniques still didn't cure panic attacks, severe depression, or the flashbacks of P.T.S.D. I also studied E.M.D.R. (Eye Movement Desensitization and Reprocessing), which held much promise, but then I stumbled upon Energy Psychology, and I knew that I had found what I was looking for.

Talking about things is helpful for people to understand them, but we mistakenly believe that if we understand why something is happening, then we will be able to fix it.

Energy Psychology is a family of integrative approaches to psychotherapy, health care treatment, and coaching, that is rooted in ancient mind-body healing traditions. Energy Psychology methods blend the bio-energetic insights of these traditions with the best of contemporary psychological practice. Methods include tapping acupuncture points, stimulating chakras, and biofield work.

When I first began using Energy Psychology methods with clients, I was amazed when they returned and said their symptoms had drastically reduced or had gone away completely. We would sit together in wonderment, sometimes laughing and shaking our heads in disbelief.

The extraordinary results I experienced with a variety of emotional discomforts reinforced that I had found what I was looking for. There are currently over 50 published studies showing the efficacy and tremendous benefits of using Energy Psychology interventions along with our traditional modes, such as cognitive behavioral therapy.

How does Energy Psychology work? The theory behind it suggests that psychological problems are a reflection of disturbed energetic patterns within the mind-body system. The mind-body system involves complex communication between a person's neurophysiology, cognitive-behavioral-emotional patterns, and bioenergy systems. In other words, our nervous system is intricately connected to our thoughts, emotions, and behaviors, and disturbances in any of these areas are also reflected in our bioenergy field.

Energy Psychology methods include tapping acupuncture points, stimulating chakras, and biofield work.

Although there are several energy systems associated with our mind-body system, Energy Psychology works with three major systems to rebalance and create health and wellbeing: the meridians (fourteen channels of energy used in acupuncture that are associated with organs and emotions), chakras (seven major energy centers that store our emotional history and vitalize our endocrine and organ systems), and the biofield, or aura, (several layers of energy associated with self-regulation of boundaries and relationships). Well-balanced energy in the meridians, chakras, and biofield help to vitalize us physically, emotionally, mentally, and spiritually.

How does Energy Psychology work? The theory behind it suggests that psychological problems are a reflection of disturbed energetic patterns within the mind-body system… (these) powerful healing methods engage and release (that) disturbed energy as new neural pathways develop in the brain.

Talking about things is helpful for people to understand them, but we mistakenly believe that if we understand why something is happening, then we will be able to fix it. However, it turns out that you can fully understand the root of your problem — where it started, how it started, and so on — and still feel like you are getting punched in the gut with an emotional reaction when something triggers that problem. So we need to do something beyond talk because talk is a left-brain phenomenon — it doesn't live where the emotions are, and it doesn't necessarily reach the emotions.

The success of Energy Psychology appears to derive from a synergistic effect of focusing attention on specific memories and other cognitive-affective experiences while teaching clients how to activate the body's energy systems to normalize functioning, including disruptions in the brain and the brain stem. The results typically transcend the normal ability to change experience through conscious effort.

Another way of saying this is that Energy Psychology can help release stuck energy that is associated with specific emotions and memories — memories that keep a person stuck in the past, such as flashbacks of an accident or another traumatic event that occurred long ago but feels like it just happened yesterday. It allows us to restructure and balance those thoughts to re-harmonize our body and mind in the presence of what once used to trigger the strong negative emotions. When the body-mind is rebalanced in that context, the trigger no longer has the ability to automatically elicit the negative emotional response. These powerful healing methods engage and release disturbed energy as new neural pathways develop in the brain, so a person doesn't have to continue to go back and experience her/his trauma in the same way; they can now progress in life with energy that supports forward movement.

> **The mind-body system involves complex communication between a person's neurophysiology, cognitive-behavioral-emotional patterns, and bioenergy systems.**

Addressing disturbances in thought and emotion while simultaneously engaging the energy system of the body allows for more rapid processing of a variety of emotional conditions. Let's say, for example, we tap with our fingers on a meridian point that is associated with the kidneys and the emotion of fear. If we tap on the surface where that meridian point is, a piezoelectric effect occurs, which means that the pressure from our finger has created positive and negative polarity, like a battery that generates electricity. Crystalline structures release an electrical impulse every time they are perturbed, so the bone, the collagen, and the fibers in the body release electrical impulses every time we tap. And those electrical impulses stimulate the meridian all the way down to the organ it is associated with. This is just one of the many marvelous things we've discovered about the body's incredible communication system. In Energy Psychology, the healing process is facilitated when the different energy systems talk with each other.

We also assess for electromagnetic disturbances in the nervous system and the poles of the body's magnetic charge. If you think about putting a battery into a flashlight the wrong way, it won't work properly. It's like that with our nervous system — we want to make sure our polarities are functioning properly so we are open for optimal healing. If treatment doesn't hold, it can often be traced back to an electromagnetic or polarity disturbance so we work on correcting them right from the start.

Energy Psychology interventions are often taught to clients to help them self regulate between sessions and reduce symptoms of stress, anxiety, anger, guilt, and trauma. There are a number of approaches. The most common is the Emotional Freedom Technique (E.F.T.), or tapping, which is meridian based. Thought Field Therapy (T.F.T.), the original Energy Psychology technique, is also meridian based. Another approach is Tapas Acupressure Technique, which involves meridians and the biofield. Comprehensive Energy Psychology (C.E.P.) uses meridians, biofields and chakras.

In my practice, I use E.F.T., T.F.T., C.E.P., and Eden Energy Medicine, along with a few other modalities. When I found "something more" in Energy Psychology some years ago, I had no idea how significantly it would transform my life. As a therapist, I began to enter a different kind of healing space with my clients, one where their inner wisdom would bypass their logic and talk to me in ways that helped me guide them into their vibrational energetic patterns and the space where miracles can occur. As a person, I began to work with my own energy on a daily basis (and still do) as I began to shift old energy patterns that I hadn't even known were wreaking havoc beneath the surface. As the saying goes, "Physician, heal thyself."

Joanne Karpinen received her Ph.D. in clinical psychology from Union Institute and University, and her Psy.S. in clinical and humanistic psychology and education from the Michigan School for Professional Psychology. She also has two M.A.'s, both from MSU, one in rehabilitation counseling, and the other in marriage and family therapy. She has worked in the field of mental health for 36 years, and began studying different energy modalities 22 years ago. She has a private practice in psychology in Okemos and in energy medicine in East Lansing. She also teaches classes on Ageless Wisdom – the work of Alice Bailey. You can contact her at drkarpinen@aol.com or (517) 347-4618. For more information, visit integratedhealingjourneys.com.

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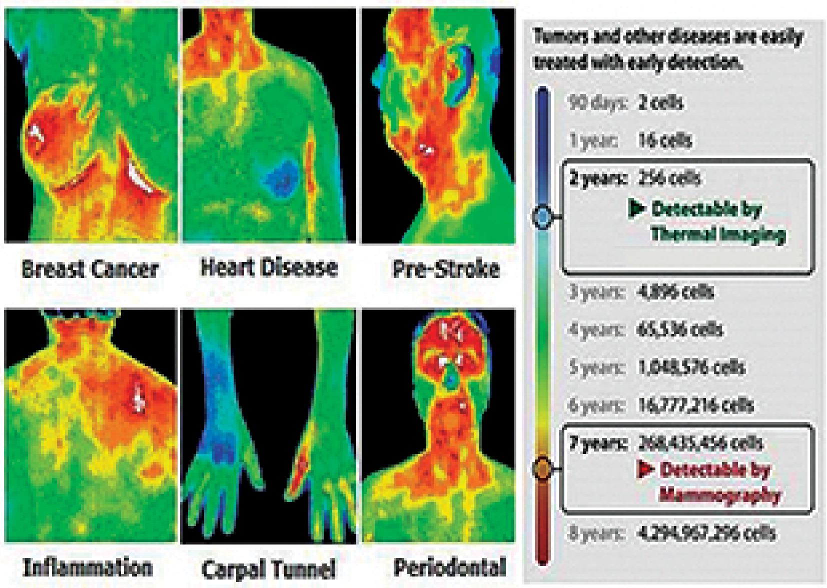
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The Crazy Wisdom Calendar

Intuitive & Psychic Development (continued)

Teleconference: Seven Planes of Consciousness Practice Session with John Friedlander • May 21, June 18, July 16, Aug. 20; 8-9 p.m. • Continued exploration of the 49 specific energies of the seven planes, each with seven subplanes, as described in the Theosophical literature of the early 1900s. The Theosophical writers brilliantly described the whole scope of human potential - synthesizing eastern, western, and channeled material in a relatively easy to understand schema of the 49 sub-planes. $12.50. Call Violeta at 677-2761; mvaviviano@gmail.com or psychicdevelopment.cc.

Teleconference: Kundalini Meditation and Clearing with John Friedlander • May 27, June 24, July 16, Aug. 26; 8-9 p.m. • Channeled personal aura clearing and manifestation exercise with Mataji, who will work individually with each participant, using your own kundalini to increase power and clarity. $12.50. Call Violeta at 677-2761; mvaviviano@gmail.com or psychicdevelopment.cc.

Continued Exploration with Etheric Energy with John Friedlander • July 19, 9 a.m.-6 p.m. and July 20, 9 a.m.-3 p.m. • We will discuss clairvoyant exploration using etheric energy. $250 with early payment discount offered. Contact Gloria at hemsherglo1@yahoo.com or psychicdevelopment.cc.

Mediumship for Everyone with Shala Kilmer • Eight Wednesdays starting Aug. 13, 6:30-9 p.m. • Learn simple, effective techniques to easily receive messages from deceased loved ones. $397. Call 248-258-8287; shalakilmer@gmail.com or intuitionpath.com.

Advanced Mediumship with Shala Kilmer • Eight Tuesdays starting May 27, 6:30-9 p.m. • Boost your communication skills with deceased loved ones for yourself, friends or professionally. $397. Call 248-258-8287; shalakilmer@gmail.com or intuitionpath.com.

Life Transitions

Discover the Power and Joy in Your Life Transitions with Melanie Fuscaldo • June 3, 1-2:30 p.m. • If you or a loved one anticipates or is experiencing a transition in health, divorce/relationship change, career, retirement or death, we will explore strategies to find the hidden blessings. $30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

The Crazy Wisdom Calendar

Love & Relationships

Natural Sexuality Workshops with Annette Gates • May 21, July 10, Aug. 7; 6:30-8:30 p.m. at Crazy Wisdom Community Room • Understand some of your patterns in relationships and beliefs around sexuality. Get new insight and practices for better sex and intimacy. Learn about sexual shame and masturbation, and how connection and inner presence builds deeper intimacy. $30 or $50 per couple. Call 248-246-6221; agates@annettegates.com or naturalsexuality.com.

Creating Your Ideal Mate with Karen Greenberg • July 26, 5-10 p.m. • Identify the characteristics that you desire in your ideal mate. Work through your unhealthy past patterns in intimate relationships, your fears, and learn specific techniques to help facilitate magnetizing your ideal mate. $125. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

> My only advice is to stay aware, listen carefully, and yell for help if you need it.
>
> — JUDY BLUME

Massage

Massage School Informational Orientation with Lennen Chance • 10 a.m. sessions: May 6, June 5, July 8, July 24, Aug. 7, Aug. 21; 6 p.m. sessions: May 22, June 17, July 15, Aug. 11 • Have you pondered an education in massage therapy? If so, come join us and let us explain how a year in our program can change your life! Free. Call 677-4430; lchance@aaimt.edu or aaimt.edu.

Thai Massage I with Jennifer Giacomelli • May 9-11, 8:45 a.m.-5 p.m. • This course covers the foundations of Thai Massage and is suitable for new students or practitioners seeking an alternative modality. Students will focus on the supine positions in this course. There is an introductory weekday class prior to the workshop. $465. Call Vickie at 677-4430; continuinged@aaimt.edu or aaimt.edu.

Meditation

Ann Arbor Day of Mindfulness with Paulette Grotrian • May 17, 10 a.m.-3:30 p.m. • This day retreat is modeled after one developed by Jon Kabat-Zinn, who developed the Mindfulness-Based Stress Reduction course. The day will include sitting and walking meditation, the body scan, mindful movement, mindful eating, and mindfulness in nature, along with instruction and inspiration and an optional labyrinth walk. This is a day of self care, rest, renewal, and healing. $45. Call 276-7707; grotrian@wccnet.edu.

Finding Joy and Happiness in the Here and Now with Chas DiCapua • May 16, 7-9 p.m. • All people want to be happy, yet very few people understand how to go about it. Most of us think that happiness is going to happen at some point in the future or that something needs to be different in order for happiness to occur. The Buddha's teachings not only demonstrate with simplicity and clarity that these assumptions simply are not true, but he goes on to show us how we can actually cultivate happiness in our lives right here and now. Free with donations accepted. Call Richard at 330-7374; info@insightmeditationannarbor.org or ima2.org.

Mastering Meditation with Kapila Castoldi • July 7, 14, 21; 7-8:30 p.m. at Crazy Wisdom Community Room • Introductory meditation series includes concentration, breathing, chanting and visualization techniques, connecting with our inner self, and bridging our inner and outer life. Offered by the Sri Chinmoy Centre. Free. Call 994-7114; castoldi@oakland.edu or meditationannarbor.com.

Meditation with Siddha Yoga Meditation Center in Ann Arbor • Thursdays, 7-8:30 p.m. • Each week, we have an inspirational reading, a long chant, and 20 minutes of meditation. Free. Call Dunrie at 726-0318; symcannarbor@gmail.com or symcannarbor.org.

Meditation in Everyday Life with Melanie Fuscaldo • May 13, 1-2:30 p.m. • Learn skills to make your life a living meditation. Live as your true self with freedom, joy, peace, and power. $30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Sunday Candlelight Meditation and Healing with Lighthouse Center • Sundays, 6-7:15 p.m. • Includes candle lighting, Sanskrit chanting, meditation, affirmations, visualization, and healing circle. Reiki healing available. No cost; by donation. Call Prachi at 734-417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Intensive Meditation with Lighthouse Center • First and Third Fridays of each month, 7-10:15 p.m. • Chanting and prayer, followed by meditation for 20 minutes on each of the seven chakra centers. You may enter and leave meditation room at any time. This is a deep cleansing and renewal to supplement your daily meditation practice. No cost; by donation. Call Prachi at 734-417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Learn to Meditate with Nirmala Hanke of Lighthouse Center • May 30, June 27, July 25, Aug. 29; 7-9:30 p.m. • In this introduction to meditation, learn how "all meditations are good" and how your thoughts are an essential part of the process. Talk followed by 20 minute meditation experience with a mantra. $35, $25 students, $15 repeat. Call Prachi at 734-417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Memorial Meditation with Lighthouse Center • May 26, Gather at 7 p.m. and meditate 7:30-8:30 p.m. • We will all light candles for loved ones who have transcended. Chanting, prayers, and meditation will follow. Optional vegan potluck after the service. By donation. Call Prachi at 734-417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Meditation for Every Day with Cathleen Francois • May 4, 9 a.m.-5 p.m. • This class offers you tools and techniques you can use on a daily basis. Based on the Awareness Principle, we will engage in fun, simple, and profound aspects of day-to-day moments that will take you deeper into yourself. It will help to enhance perception, create relaxation, generate mindfulness, and release stress without demanding conflict within your time schedule or philosophical views. $90. Call Vickie at 677-4430; retail@aaimt.edu or aaimt.edu.

A Day of Solitude and Meditation Practice with Carol Blotter • June 28, 9 a.m.-4 p.m. • Day-long silent meditation retreats are a great opportunity to enjoy the quiet of the country while practicing sitting and walking meditation. This day is appropriate for anyone interested in meditation: beginners will have break-out instruction; experienced meditators can be in silence all day; those in between can practice and have their questions answered. $30 suggested donation is a fundraiser for The Michigan Friends Center. Bring your own lunch. Call 475-0942; cb.meditate@gmail.com or chelseameditation.com/retreats.

Metta Meditation for Fukushima and All Beings with Tatianah Thunberg and David Hall • May 6, June 3, July 1, Aug. 5; 6:30-8:30 p.m. • As we raise our consciousness through metta bhavana, we shift our mistaken sense of separation to unity and become more resourced as a collective to extend loving kindness to all beings. In this circle, we focus our meditation practice on the Fukushima nuclear disaster and the broader global situation at hand that enables this alarming disconnect with the Earth Mother and all her children. $5-$15 suggested donation. Call David at 904-3035; iopermacultureservices@gmail.com or spiritmoves.us.

Pure Meditation Foundation Class with Self Realization Meditation Healing Centre • June 28, 3-5 p.m. • Conquer stress, improve concentration, and find inner peace. Of value in all walks of life, it helps you to be in charge of how you feel physically, mentally, and emotionally. It takes only a few minutes to practice each day. $60 includes book and follow-up appointment. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

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Open Meditation and Silent Prayer with Self Realization Meditation Healing Centre • Every Monday-Thursday and Saturday, 8:30 p.m. • The Centre is open daily for quiet reflection, silent prayer, and pure meditation. Everyone of all faiths, meditation practices, and traditions is welcome. Winged prayer for all in need at 9 p.m. Please come and go as you wish. Free. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Introduction to Meditation with Deep Spring Center • June 14 • Experience an introduction to insight meditation. Wear comfortable clothes; cushions and chairs provided. Walk-ins are welcome and no experience necessary. $24 building fee with donation for teacher. For times, call 477-5848; info@deepspring.org or deepspring.org.

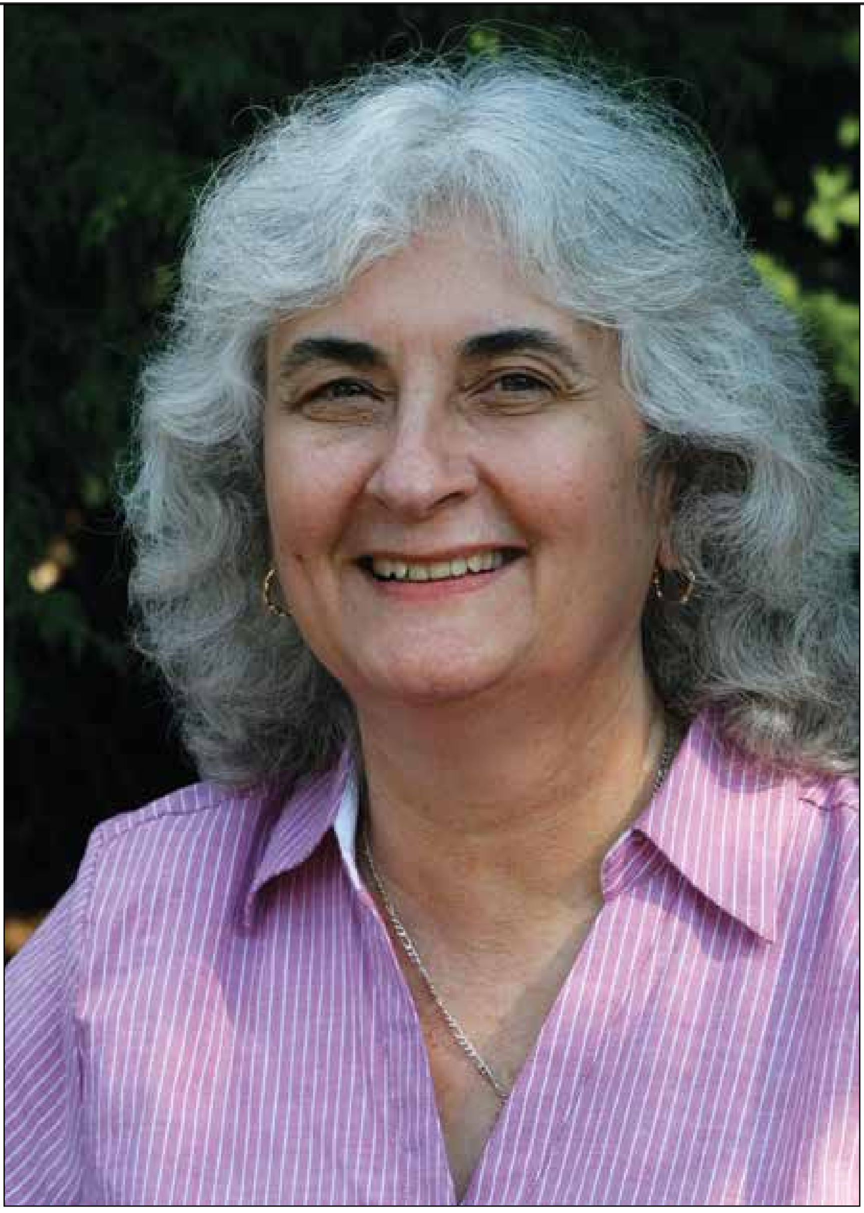
Sunday Morning Meditation • Sundays, 10-11:30 a.m. • Sitting meditation from 10-11 a.m., followed by mindful sharing. All are welcome! By donation. Call Deep Spring Center at 477-5848; info@deepspring.org or deepspring.org.

Tuesday Morning Group Meditation • Tuesdays, 6:30-7:15 a.m. • Please enter and depart in silence. No instruction provided. All are welcome! By donation. Call Deep Spring Center at 477-5848; info@deepspring.org or deepspring.org.

Open Mindfulness Meditation Practice with Antonio Sieira • May 8, 22, June 5, 19, July 10, 17, Aug. 14, 28; 6-7:30 p.m. • Use breathing, balance, flexibility, and mental focus/concentration practices to create a total "mindbody" meditative experience. Experienced and beginning meditators are welcome. $15. Call Pat at 734-416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

The Mindfulness Meditation System with Antonio Sieira • May 13-14, June 10-11, July 15-16 or Aug. 19-20; 6-8 p.m. • Use breathing, balance, flexibility, and mental focus/concentration practices to create a total "mindbody" meditative experience. Experienced and beginning meditators are welcome. $80 per session. Call Pat at 734-416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Free Guided Meditation from the Comfort of Your Home with Dave and Pat Krajovic • May 14, June 12, July 12, Aug. 10; 9-9:45 p.m. • Tap into powerful energies, clear negativity and stress. Raise your vibration, gain mental clarity, relax, and connect to source. Each month is a different them. The more that participate, the greater the energy, the more powerful the effect. Connect via bodymindspiritradio.com. Free. Call 734-416-5200; inspire@globalbreathinstitute.com.



KAREN KERNS *is a leading Polarity Therapist and Craniosacral Therapist and body-worker in town, involved in working with individuals, and in training new practitioners. She was interviewed in the January 2010 issue of the* **CW Journal**, *available at crazywisdomjournal.com. (http://www.karenkernspolarity.com/KarenKernsInterview.pdf.) She is the director and owner of the Polarity Center. You can find its ad on page 83.*

Sitting Meditation and Discussion with Karma Thegsum Choling • Wednesdays, 7:30-8:30 p.m. • Sitting meditation followed by discussion of recorded teachings or books by Karma Kagyu teachers, Khenpo Karthar Rinpoche, Bardo Tulku Rinpoche, and Bokar Rinpoche. Everyone welcome. No cost. Call Pat at 678-7549; AAKTC@yahoo.com or kagyu.org.

Mindfulness Meditation in the Tradition of Thich Nhat Hanh with Huron River Sangha • Meeting times vary • Sitting and walking meditation in the tradition of Zen master Thich Nhat Hanh. People of all levels of experience and all faith backgrounds welcome. Donations accepted. For dates and times, call Joe at 846-2848; joereillymusic@gmail.com or huronriversangha.org.

Men's Work

Men's Group with Felix Paulick • Wednesdays, 9:15-10:45 a.m. • Are you struggling in your relationship with your partner, in your role as a father or in finding joy and satisfaction in your work? Many men in our society have not been taught healthy ways of dealing with stress and expressing emotions. This group is a safe place to connect with other men and learn new skills. $50 per session with sliding scale available. Call 883-8701; felix@togrow.org or togrow.org.

Movement & Dance

Tree of Life Studio Summer Session • Tree of Life's summer classes for kids and adults include hip hop, jazz, zumba, yoga, bellydance, African drumming, African dance, and more. $12 per class with registration or $15 drop-in. Call 433-0697; info@treeoflifestudio.org or treeoflifestudio.org.

Tree of Life Studio Annual Showcase 2014 "Motown Reflections" • June 7, 7 p.m. • Join us for a look into the heart of Detroit's soul through music and dance, featuring staff and students. $12 in advance or $15 at the door, held at WSEC auditorium. Call 433-0697; info@treeoflifestudio.org or treeoflifestudio.org.

Girls Night Out at Tree of Life Studio • First Friday of each month, 7-9 p.m. • Come get your "sexy" on with our sassy and sultry burlesque dance workshops, an evening of fun and fitness all rolled into one. Each workshop will introduce an element of burlesque with a simple but sexy dance routine that can be brought home to share with someone special, or just tuck it away in your closet of secrets. Various props will be used to explore the many variations of burlesque dances. Wine is included; must be 21 or older! $20 drop-in or bring someone new and pay only $15 each. Call 433-0697; info@treeoflifestudio.org or treeoflifestudio.org.

Shedding Skins Ecstatic Dance with Caryn Simon • May 14, 28, June 11, 25, July 9, 23, Aug. 6, 20; 7-9 p.m. • The space is held to dance, sweat, and pray with the simple yet profound intention to be alive and present in our bodies. We remain open to the possibility that, through intentional dance, we may find the tools to be far more authentically free and, by harnessing that focused freedom, we find a clarity of expression that manifests deep change in our lives. No previous dance experience necessary. $15 or half off with a Yellow Barn card. Call 646-1351; artemisia418@gmail.com or carynascreatrix.com.

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Step into Who You Really Are

Dreams, Signs, and Symbols on the Path to Your Creative Potential

By Nancy Paton

Most people I've met approach the topic of dream study with varying degrees of fascination and trepidation. If not for life altering events that happened to me in the late 1980s, I would have viewed the topic with a great deal of skepticism. However, life had other plans for me. After my marriage and career as a clinical laboratory technologist ended, I found myself in the midst of a spiritual awakening that may have presented itself outwardly as a mental collapse or breakdown. My life as I knew it had ended, and a new life was beginning to emerge. It was in therapy that I first started looking inwardly at my dream life. I was being awakened from the rational world of facts, figures, and precise details to the fascinating world of the metaphorical. Twenty-four years later, dreams are my passion. They have guided me in amazing and mysterious ways to the work I do today.

> *It was in therapy that I first started looking inwardly at my dream life. I was being awakened from the rational world of facts, figures, and precise details to the fascinating world of the metaphorical.*

While picking up the pieces of the life that had crashed around me, I made the decision to go back to school. I allowed myself to delve into the arts and psychology, and at the age of 38, I discovered hidden talent as a visual artist. The discovery was preceded by a dream. In the dream I found myself at a yard sale. In the middle of a huge stack of baby furniture, there was a drawing table. I took the symbol of a drawing table as a sign and registered for my first drawing class. I felt totally out of my element but moved past any fear I was feeling and took the plunge. I never thought I could draw anything past the level of your basic stick figure. Imagine my amazement after taking only a few art classes that I could actually produce beautiful acrylic paintings. And it didn't end there. I took singing lessons, piano, photography, and I also started writing poetry. All the skills I learned during that period of self-discovery prepared me for the next phase: the field of art therapy.

After graduating from Madonna University with a degree in fine art, I was left with a dilemma — how to make a living. I happened to come across information on a master's program in art therapy program at Wayne State University. It was the perfect field that would combine my interests in psychology and the study of symbolism and dreams. My clinical training focused on working with clients in inpatient mental health and substance abuse treatment facilities. Due to cuts in mental health care and the closing of psychiatric facilities, the job prospects in art therapy were daunting. I had to find a way to use my skills in other capacities. Always listening to the guidance of my dreams and the voice of my intuition, I gradually found new avenues to use my skills and interests in the world. Over the years I have taught at colleges and universities, curated large scale art exhibits on trenchant social issues, and conducted workshops on creativity and the study of dreams and symbolism. My interests have evolved over time, but one thing that has always remained is my interest in dreams — the thread that binds all outward interests together.

> *If there is anything you've secretly wished to do but have been too afraid to try, chances are you're onto something.*

Because of my experience uncovering hidden talents later in life, I've taken it as my mission to encourage others to open their minds to the possibility they may be sitting on a goldmine. If there is anything you've secretly wished to do but have been too afraid to try, chances are you're onto something.

Inspired by her dreams, Nancy Paton uncovered many creative talents in midlife — among them, acting, music, and photography — all of which led her to the field of art therapy. Pictured above: her photo of roses in a tree.

For years I secretly wished I could be an actor, although, for most of my adult life, I was painfully shy. The fact that I can actually speak in public these days is a miracle. I remember for many years admiring public speakers and studying them intently. A dream many years ago showed me that I would be a speaker one day and the actual place where I would be speaking. Back then I couldn't believe it, but the dream did come true.

For anyone seeking to understand dreams, I recommend the book *The Mystical, Magical, Marvelous World of Dreams* by Wilda B. Tanner. It's also helpful to join a dream group or to find someone to share your dreams with on a consistent basis. Learning to decipher dreams is a skill that you develop over time. Keeping a dream journal will also help in the interpretation process. Above all else, it's the willingness to look within that's essential. I've met people who are afraid of their dreams. Perhaps they had a frightening nightmare that temporarily shut down the ability for them to remember their dreams. Dreams lose their ability to scare you when they are viewed metaphorically and are not taken literally. Generally, all characters in the dream are aspects of the dreamer. When viewed in this manner, they can reveal aspects of the psyche that would have remained hidden. If you're open, your dreams will show you a brave new world of possibilities. Put your paper and pen by the bed tonight. Each dream is a gift waiting to be opened.

Nancy Paton, M.Ed., is a creative arts therapist and dream consultant with 24 years of experience studying dream interpretation. Contact her at arts4enlightenment@gmail.com.

Movement & Dance (continued)

Nourishing Movement (Qigong) with Joel Robbins • Saturdays, 10-11 a.m. • Join others seeking healthy mind and body for gentle, easy-to-learn movements that promote relaxation, coordination, and inner vitality. Explore traditional healing Qigong to awaken your essential Qi/energy and circulate it throughout the body. $80 for ten classes or $15 drop-in. Call 315-0573; jrherbsandacupuncture@gmail.com or ouryellowbarn.com.

Dances of Universal Peace with Judy Lee Trautman • May 2, June 6; 7-9 p.m. • Dances of Universal Peace were originated in the 60's in San Francisco by Sufi teacher Samuel Lewis to celebrate the world's religions through simple folk dance steps. The dances, a form of moving meditation, require no partner or experience. $5 donation. Call 419-475-6535; jltrautman@sbcglobal.net or peacedance.multifaithjourneys.org.

Dance Classes with Carla Samson • Call 276-7242; synchroblissity@gmail.com or dmtpractice.com.

Dance Meditation Technique • May 1, 7-9 p.m. • A beautiful and transformative 90-minute whole being workout followed by sound meditation. An inward journey through dance and movement, as we explore techniques to help release contraction and fear in the body, to help connect to your natural free flowing state of being. $10.

Authentic Hoop Dance • May 2, 5:30-6:30 p.m. • Come dance, play, spin, and express yourself through this deep and authentic way of moving. The hula hoop can act as a guide for exploring further into your own expressive movements. All levels welcome! $10.

Dance Church • Sundays, 11 a.m.-1 p.m. • Take a journey through music and free flow dance to deepen our body awareness. We create safe and sacred space with the agreement to drop judgment and our conversational voices to allow our true spirits to soar. 90 minutes of dancing, followed by 30 minutes of meditation. $5-$20 donation.

Dreaming a Place: Environmental Dance and Movement Meditation with Irena Nagler • May 28, 6 p.m.; June 25, 6:30 p.m.; July 23, 6:30 p.m. • Outdoor movement meditation in communion with elements in nature. $5-$25 sliding scale. Call 996-1772; birena@umich.edu or twofeather.com/nightfire.

River and Dream with Irena Nagler • Aug. 28, 7:30 p.m. • A movement meditation session beside and in the Huron River. $5-$15 sliding scale. Call 996-1772; birena@umich.edu or twofeather.com/nightfire.

Dance Classes with Arts in Motion Dance Studio • Session runs through July 19. $17 per class. Call Amanda at 222-6246; amanda@artsinmotion.net or artsinmotion.net.

Adult Modern Dance • Thursdays, 11 a.m.-12:30 p.m. • Beginning/intermediate modern dance class. Limon/Horton based technique combined with yoga stretches and conditioning.

Modern Dance 3 • Tuesdays, 7:15-8:45 p.m. • Intermediate/advanced modern dance class for teens and adults. An eclectic mix of Graham, Cunningham, and Hawkins techniques with a little Simonson jazz technique thrown in for good measure.

Music, Sound & Voice

2014 Water Hill Music Fest • May 4, 2-6 p.m. (rain date one week later) • Stroll through the Water Hill neighborhood and listen to musicians of all experience levels playing music on front porches, in front yards, and on the sidewalks. This year's festival is a fundraiser for Chris Buhalis. For more information and to donate, visit their website. Volunteer opportunities are also available. Water Hill is the Ann Arbor neighborhood bounded by Miller, Brooks, Sunset, and the railroad tracks, on the northwest fringe of downtown. Visit www.waterhill.org.

Monthly Healing Sound Share with Lisa Nogueira • May 18, June 8, July 20 • All are welcome to come and experience this vibrational share as we explore singing bowls, tuning forks, mantras, and more. Participation is encouraged but no experience is necessary, just the intention to help, heal or learn something new. Bring a blanket or cushion to sit on. By donation. Call 761-8753; lisa@tranquilbeing.com or tranquilbeing.com.

Spring-Summer Group Singing Lessons and/or Therapy with Kathleen Moore • Tuesdays, 12:15-1:15 p.m. • If you've lost your voice and want to find it, if you have your voice and want to know more about using it well, if you believe that you cannot sing but you'd like to - discover and learn ways to undo the knots and do your fullest, deepest self expression. For cost, call 668-8146; kathy@moore-voice.com or moore-voice.com.

Sound Healing with Billie Wahlen • May 14, June 14, July 11; 6:30-9 p.m.; Aug. 10, 1-3:30 p.m. • In this experiential class, students will be introduced to sound healing techniques, including toning, chakra balancing, mantras, gong bath meditation, singing bowls, and Peruvian whistles. This will be a very elevating and healing experience. Through vibration and resonance with your system, blockages are released, emotional pain and trauma can be alleviated, and healing can occur on a physical, emotional, and spiritual level. Bring a pillow or blanket to be comfortable on the floor. $25. Call 276-6520; starbillie@gmail.com.

Nature Awareness

Work Party at Community Farm of Ann Arbor • May 24, 10:30 a.m.-4 p.m. • Hands-on simple farm activities, such as feeding animals, stirring soil mix, and weeding. Free. Call Anne Elder or Paul Bantle at 433-0261; communityfarmofaa.org.

Naturopathy

Cleansing the Body of Environmental Toxins with Nia-Avelina Aguirre • June 7, 10-11:30 a.m. or July 22, 6-7:30 p.m. • Here's a different water therapy that will help remove environmental toxins from the body. $50 includes a take-home kit, food list, and food samples. Call 883-7513; niaaguirre@aol.com.

Removing the Toxic Build-Up of Radiation and Chemotherapy with Nia-Avelina Aguirre • June 14, 10-11:30 a.m. or July 14, 6-7:30 p.m. • Learn about the foods and fun water therapies that will help remove the negative effects of radiation and chemotherapy. $50 includes a take-home kit, food list, and food samples. Call 883-7513; niaaguirre@aol.com.

Nutrition & Food Medicine

Raw Foods Lecture Series with Ellen Livingston sponsored by People's Food Co-op • 7-8:30 p.m. at Crazy Wisdom Community Room • Free, but pre-register at peoplesfood.coop/news_and_events/ or by calling Karen at 212-0010; outreach@peoplesfood.coop or peoplesfood.coop.
May 13 • The Many Benefits of a Raw Vegan Diet • Learn how you can be rid of bothersome symptoms, lose excess weight easily, and take charge of your health with a raw food diet.
June 3 • Travelling in the Raw • Learn the benefits of a raw vegan diet and some tips for staying raw and healthy on the road and away from home.
July 1 • Make Your Own Salad Dressings • Oil and vinegar-based dressings are not health foods. Learn deliciously healthy and low-fat alternatives you can make at home in minutes.

Ayurveda and Meditation with Kapila Castoldi • May 3 and 10, 2:30-4:30 p.m. • Meditation and ayurveda share the same goal: to regain the lost connection with our true nature and thus achieve the body-vital-mind balance that brings about harmony and happiness in life. Free, plus $10 for ayurveda textbook. Call 994-7114; castoldi@oakland.edu or meditationannarbor.com.

Farmer's Market: Local Food with Cobblestone Farm Market Association • Tuesdays, May 20-Nov. 5; 4-7 p.m. • Join us each Tuesday for fresh local vegetables, fruit, bread, honey, eggs, and more! Featuring kids' activities, live music, arts and crafts, and reskilling, the market has something for everyone in a family friendly, community oriented atmosphere. Free. Call Matthew King at 730-3111; mdanaking@gmail.com or cobblestonefarmmarket.org.

The Mighty Minerals! with Nia-Avelina Aguirre • May 20, 27, and June 3 or Aug. 4, 11, and 18; 6-7 p.m. • This three-part series will enlighten you with a wealth of information and food choices on most of the essential minerals your body needs. $50 for series or $20 per single day. Call 883-7513; niaaguirre@aol.com.

Farm Cart Opening Day at White Lotus Farms • May 17 • Our farm cart is opening for the season! We are offering the same delicious baked goods, fresh produce, and handmade cheeses as last year, plus some exciting new products. Come out Saturdays, 9:30 a.m.-2 p.m. Open until 3 p.m. on Kids' Days. Free. Call Kat Tsomo at 474-6430; kat@whitelotusfarms.com or whitelotusfarms.com.

On May 1, 2014, the Crazy Wisdom Calendar will be available online at our new website: www.crazywisdomjournal.com.

Tarot • Psychic •
Intuitive • Astrology
• Palmistry

Readers in the Crazy Wisdom Tea Room

No appointment needed; Readings $1.50 per minute

Monthly Schedule

Psychometry Readings with Barbara Pott
1st and 3rd Sundays, Noon-3 p.m.
awencrafts@gmail.com - 734.576.5707

Intuitive Readings by Marcella Fox
1st and 3rd Sundays, 3-6 p.m.
marcellapfox@gmail.com - 734.717.8513

Palmistry Readings with Vijayalaxmi Shinde
1st and 3rd Saturdays, 3 to 6 p.m.
and 2nd and 4th Sundays, 3 to 6 p.m.
vijaya_laxmi@comcast.net - 734.961.8052

Tarot/Psychic Readings with Rebecca Williams
Thursdays, 6-9 p.m.
rebeccawilliams999@comcast.net

Tarot and Numerology — Wisdom Readings with Jeanne Adwani
1st and 3rd Fridays, 6:30 - 9:30 p.m.
Call 734-260-0629; Ispygirl14@gmail.com

Intuitive Readings with Irena Nagler
2nd and 4th Fridays, 6:30-9:30 p.m.
birena@umich.edu - 734.996.1772

Astrology Readings with Alia Wesala
2nd and 4th Saturdays
3-6 p.m. and 7-10 p.m.
astrolibration@gmail.com - 734.719.0782

Crazy Wisdom Bookstore & Tea Room
114 S. Main St., Ann Arbor
734.665.2757 - crazywisdom.net

The Crazy Wisdom Calendar

Sara Hughes-Zabawa *focuses on providing a mindful yoga practice that emphasizes the importance of breath, relaxation, and exploration of the healing power and inner wisdom of the body. She will be leading classes at Hygeia Center this spring/summer. For more information, see the Yoga section of the Calendar on page 107.*

Pagan Spirituality

Witches' Night Out at Crazy Wisdom Tea Room • May 13, June 10, July 8, Aug. 12; 7 p.m. • Come join us for tea and networking on Witches' Night Out. It is a chance to meet others of like mind, drink Witch Brew tea, and have a great time. No cover. $3.25 for a pot of tea with free refills. Call Carol at 665-2757; info@crazywisdom.net or crazywisdom.net.

Michigan Pagan Fest with Donald Michael Kraig and AnnMoura • June 13, 10 a.m. through June 15, 6 p.m. • Experience over 30 classes, evening drumming and entertainment, children's workshops, camping, and community. $75 at the gate or $55 prepay (does not include camping). Call Diane at 810-241-6860; mipaganfest@gmail.com or mipaganfest.org.

2nd Annual Mid-Summer Ritual and Family BBQ with Michigan Council of Covens and Solitaires • June 22, 1 p.m. • Includes a ritual to be ran by Enafae Moore. We will supply meats for the barbecue. Please bring a dish to pass. Added this year will be a raffle to help support MCCS. Free. Call Gerald at 586-436-2277; michccs@gmail.com or michccs.com.

Pagan Pride Day Detroit 2014: We Are ALL Family • Aug. 9, 11 a.m.-7 p.m. • This year marks our 7th year celebrating the wonders and joy of life in the Metro Detroit Area Pagan Community. We are honored to be able to once again invite all of you to come out and celebrate with us. Do not miss Our Big Fat Pagan Wedding. Bring a donation of non-perishable food or household items. Call Silverwolf at 313-288-2386; paganpridedetroit@live.com or paganpridedetroit.org.

> Shame and blame should have no place in our body, mind, or spirit.
>
> –Asa Don Brown

Palmistry

Drop-In Palmistry Readings with Vijayalaxmi Shinde at the Crazy Wisdom Tea Room • First and Third Saturdays of each month, 3-6 p.m.; Second and Fourth Sundays of each month, 3-6 p.m. • A scholar of the ancient Indian science of Palmistry and Numerology, Vijayalaxmi counsels clients on relationships, career, health, relationship compatibility, and many other aspects of life. For decades, she has passionately studied ancient Indian as well as Western Palmistry and combines Palmistry with Numerology for the positive direction and welfare of her clients. $1.50 per minute. No appointment necessary. Call 961-8052; vijaya_laxmi@comcast.net.

Parenting

When Chronic Illness is Part of the Family: Tools for Embracing the Gifts of Our Lives Together with Sarah Nuxoll • June 21, 2-3:30 p.m. at Crazy Wisdom Community Room • Coping with chronic illness or health challenges isn't easy, whether as a parent taking care of our own health or tending to a child's special needs. Yet in living with my own chronic illness, few things have nudged me more firmly toward growth and positive change in my life! Join me in this interactive workshop to get some tools and support, take a deeper look at what life is presenting us, and help each other make a new, creative commitment to embracing the gifts of our lives. $15 or $25 per couple. Call 709-3145; welcomewithlove@gmail.com or welcomewithlovefamilycare.com.

Infant Massage and Attachment with Sierra Hillebrand • Thursdays: May 15-June 5 or July 10-31, 10-11:30 a.m. • Enhance loving communication and attachment with your baby through the ancient art of infant massage. In this four-week series, parents will strengthen their communication skills, develop greater confidence in reading and responding to baby's cues, and establish routines to reduce fussiness, facilitate sleep, and deepen relaxation. $110. Call Hygeia at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

When Push Comes to Shove: How to Help Young Children with Aggression with Catherine Fischer • May 17, 2-4 p.m. • Learn listening strategies that can help parents understand, prevent, and respond effectively to young children's aggressive behavior. Parents will learn tools to reduce their confusion and guilt, and nurture their connection with their child. Childcare available for an extra cost. $15 per person or $20 per couple. Call Katie at 369-8248; greenapplegarden@appleplayschools.org or greenapplegarden.weebly.com.

Family 2 Family Sale with Apple Playschools • May 17, 9 a.m.-2 p.m. • Just like a "mom 2 mom" sale, vendors will sell gently used items in a department store-style sale. $2 to have your own table, plus portion of proceeds benefit Apple Playschools. Call Moonbeam at 369-8248; moonbeam@appleplayschools.org or appleplayschools.org.

Getting Ready for Baby Workshop with Barbara Robertson of Center for Childbearing Year • May 31 or July 19, 9:30 a.m.-4:30 p.m. • This class is designed to guide you through your choices, share strategies, and teach you skills necessary to enjoy breastfeeding and caring for your newborn baby. Take the full day workshop of your choice of Breastfeeding Basics in the morning and Newborn Care Basics in the afternoon. Topics include reading your baby's hunger cues, how often and how long to nurse, latch and positioning, how to know baby is getting enough, diaper options, how to calm a newborn, wearing safety, car seats, and giving baths. $95 per couple full day or $55 half day. Call 663-1523; patty@center4cby.com or center4cby.com.

Biodynamic Craniosacral Therapy: How It Can Help Autism, Birth Trauma, and Attachment Disorders with Linda Kurtz • June 6, 7-8:15 p.m.; June 29, 2-3:15 p.m.; July 17, 7-8:15 p.m. • This gentle, holistic therapy can resolve birth trauma and help autistic, anxious, and depressed children and adults. Learn more about the role of the social nervous system in autism, birth trauma, and other attachment disorders and how biodynamic craniosacral therapy can help resolve them. Free. Call 769-4241; lindakurtzheartsong@gmail.com or bodyandsoulmassage.com.

Parenting, Teaching, Coaching, and Working with Indigos with Karen Greenberg • Aug. 10, 10 a.m.-2 p.m. • Learn how the characteristics of the sixth root race, the Indigos, differ from those of the fifth root race (most of those born prior to 1975). Learn new strategies to navigate totally differently and successfully, with these beings who are created so differently. Learn how to help the Indigos discover and develop their genius so that we all benefit. $77. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Preventing Burnout Course with Self Realization Meditation Healing Centre • May 24, 9:30 a.m. through May 25, 5 p.m. • Enhance your whole life. This course is for parents, caregivers, health care professionals, complementary practitioners, teachers, volunteers, and everyone who wishes to deepen their understanding and care for their own energy, and enjoy all of life. $272 with shared room accommodation and meals. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

> Some days there won't be a song in your heart. Sing anyway.
>
> — Emory Austin

Past Life Regression

Life Between Lives Workshop with Scott De Tamble • June 7, 1:30-4:30 p.m. at Crazy Wisdom Community Room or May 31, 3-6 p.m. in Mt. Clemens • Join us for a special journey as Scott speaks of his adventures as a Life Between Lives hypnotherapist. He will lead the audience in a group regression. Each participant can explore a past life and meet their personal spirit guide. $35. Call Pat at 734-416-5200; info@bodyworkshealingcenter.comcastbiz.net or bodyworkshealingcenter.com.

Peace

Battered Women and Children's Memorial Garden with Elizabeth Shadigian • Our memorial garden is an alliance of people desiring an end to violence. We form a beacon of hope to honor the disempowered, remember those lost, and inspire justice through bearing witness, education, advocacy, and service. Free. For times, contact info@memgarden.org or memgarden.org.
May 4 • Expose and Oppose Oppression; June 1 • Apply Accountability
July 6 • Honor Diversity; Aug. 3 • Practice Responsible Environmental Stewardship

Personal Growth

Free Human Awareness Institute Mini Workshop • May 10, June 7, July 12, Aug. 23; 5:30-8 p.m. at Crazy Wisdom Community Room • In a safe, supportive, and relaxed environment, you'll discover the ingredients for happy, healthy, loving, and intimate relationships. Free. Call Maureen at 523-8566; midwestoffice@hai.org or hai.org.

Free Human Awareness Institute Mini Workshop • May 31, June 14, Aug. 2; 7-9:30 p.m. • See above description. Free. Call Maureen at 523-8566; midwestoffice@hai.org or hai.org.

Creating Internal Resources with Cam Vozar • May 21, 6:30 p.m. • Create internal resources to cope with stress and increase well being. Learn to connect to spiritual, nurturing, and protective resources. $10. Call 747-9073; cam.vozar@gmail.com.

Life Skills and Relaxation Class with Self Realization Meditation Healing Centre • May 31, 3-4:15 p.m. • No matter what you face or how difficult it has been, these fast, easy-to-use tools can help you on every level. Learn more about the mind-body connection and how to apply the practical energy care tools in your everyday life at school, work, home, and play. $30. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Gratitude and Playfulness as Tools for Expanded Joy and Freedom with Melanie Fuscaldo • May 16, 1-2:30 p.m. • Practice gratitude and joy as life enhancing tools that support well being in career, health, relationships, and all areas of life. $30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

HeartMath for Health, Personal Growth, and Spiritual Growth with Melanie Fuscaldo • May 30, 1-2:30 p.m. • Learn a tool to enhance your health, improve your emotions, and increase your creativity, intuitive abilities, and spiritual development. $30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Equine Inspired Breakthrough with Kimberly Cardeccia • Aug. 16, 9 a.m.-5 p.m.; Aug. 17, 9 a.m.-2 p.m. • This workshop will allow participants to identify what's holding them back and devise a plan to reach their goals. In addition to time with horses, there will be lecture, discussion, reflection, and journaling. $357. Call 517-898-5094; kim@hiddenpromisecampus.com or hiddenpromisecampus.com.

Equine Intelligent Leadership Series with Kimberly Cardeccia • June 12, 19, 26; 2-3:30 p.m. • This series of three workshops builds leadership skills through self-awareness and interacting with horses. Lecture, reflection, and discussion as well as the experiences with horses will help participants discover and develop their own personal leadership style. $247. Call 517-898-5094; kim@hiddenpromisecampus.com or hiddenpromisecampus.com.

Impact of Technology and Social Media on Our Lives and Relationships with Carole Kirby • June 22, 2-4:30 p.m. at Crazy Wisdom Community Room • Digital technology, social media, Facebook, etc. are all blessings in many ways, but they can create special challenges for us and in our relationships. Does your use of social media make you feel more known, understood, connected, and loved or more anxious, absorbed, and lonely? Do you ever feel overwhelmed by the plethora of texts, emails, and IMs? Free, but please pre-register at 424-2797; carole777@aol.com or therapy4couples.com.

Introduction to Rites of Passage and Vision Quest Ceremonies with Debbie Mast and Brian Obrecht • June 11, 7-9 p.m. at Crazy Wisdom Community Room • These ceremonies help us connect with nature and spirit to integrate life changes and find new direction. Annual event held Aug. 13-17 in western Michigan. No experience needed. Free. Call Debbie at 586-306-6075; ftreelodge@aol.com or visionquestmi.com.

Introduction to Rites of Passage and Vision Quest Ceremonies with Debbie Mast and Brian Obrecht • May 19, May 20, May 28; 7-9 p.m. • See above description. Free. Call Debbie at 586-306-6075; ftreelodge@aol.com or visionquestmi.com.

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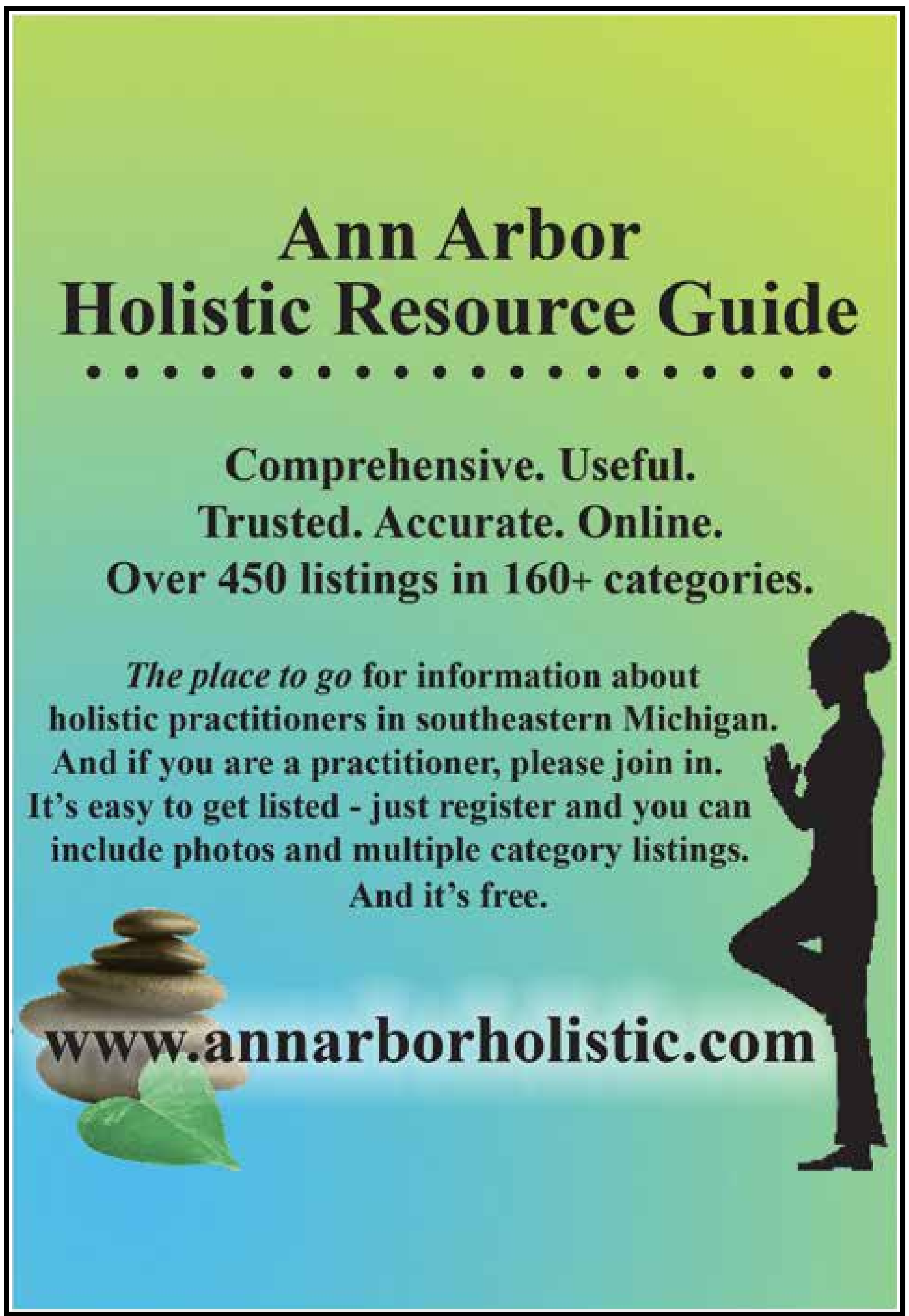

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The Crazy Wisdom Calendar

Personal Growth (continued)

Healthy Boundaries with Karen Greenberg • Aug. 3, 5-9 p.m. • Learn how to identify, within yourself, how to set and enforce healthy boundaries in a variety of situations - with children, spouses, parents, friends, neighbors, business associates, and with yourself! $77. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Accessing Presence: The Key to Stillness, Power, and Peace with Dave and Pat Krajovic • Mondays: May 12-July 22, 6:30-8 p.m. • Would you like to maintain personal peace in the midst of accelerating change, discomfort, conflict, and chaos? Learn how to integrate unresolved emotional charges through loving presence. Understand what drives your reactions and discover a powerful path that leads to an authentic, joyful life. $275 or $137.50 to repeat. Call Pat at 734-416-5200; inspire@globalbreathinstitute.com or globalbreathinstitute.com.

Prayer

Power Circle and Absent Healing with The Aetherius Society • May 5, 12, 19, July 7, 14, 21, 28, Aug. 4; 7:55 p.m. • During a magnetization period when all spiritual action is potentized 3,000 times, we hold special power circles on Mondays. These entail two back-to-back services of the twelve blessings as well as recitation of dynamic mantra. The twelve blessings provide a unique way of tapping into and invoking the power of the universal life force and sending this out to the world in a vibrant stream of prayer. Love offering. Call Chrissie at 248-588-0290; info@aetheriusmi.org or aetheriusmi.org.

The Twelve Blessings Prayer Service with The Aetherius Society • May 26, June 2, 9, 16, 23, 30, Aug. 11, 18, 25; 8 p.m. • The twelve blessings form the core of this service, which also includes beautiful mystic visualizations, sacred mantra, and healing prayers for those who have requested to be sent absentee healing. Love offering. Call Chrissie at 248-588-0290; info@aetheriusmi.org or aetheriusmi.org.

Operation Prayer Power with The Aetherius Society • Wednesdays, 7:30 p.m. • Each week since 1973, spiritually-minded people have come together at centers around the world for operation prayer power charging sessions. Using dynamic prayer, sacred mantra, and mystic mudras, tremendous prayer energy is invoked, collected, and stored in a radionic battery, for later release to the world. All welcome. Love offering. Call Chrissie at 248-588-0290; info@aetheriusmi.org or aetheriusmi.org.

Prosperity & Abundance

Truth About Prosperity Radio Talk with Dave and Pat Krajovic and Penny Golden • May 28, June 25, July 23, Aug. 27; 7-8 p.m. • Listen to a talk about prosperity in all its forms. Be guided in the direction of manifesting your goals the right way, with positive uplifting results. Be inspired to recognize your own power of manifestation and what it can do for you. Free. Call 734-416-5200; inspire@globalbreathinstitute.com or bodymindspiritradio.com.

Preventing Burnout Course with Self Realization Meditation Healing Centre • Aug. 30, 9:30 a.m. through Aug. 31, 5 p.m. • Experience prosperity and abundance by enhancing both your work and personal life. This course is for health care professionals, caregivers, complementary practitioners, teachers, parents, volunteers, and everyone who wishes to deepen their understanding and care for their own energy, and enjoy all of life. $272 with shared lodging and meals. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Reiki

Free Reiki Clinic with Debra Williams • Fourth Thursday of each month, 7-8:30 p.m. • This is a unique opportunity to experience the powerful healing effects of Reiki. You just have to feel it to know it. Love donation. Call Pat at 734-416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Usui Tibetan Karuna Seiryoku System of Reiki with Jennifer Vanderwal • June 15, 11 a.m.-4 p.m. • Learn the healing power of Reiki and hand positions attuned to the first symbol. Become attuned to Reiki, receive your Level 1 Certification, and begin helping others. $150. Call Pat at 734-416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Reiki Gathering with Marianne Carduner • May 18, June 15, July 20, Aug. 17; 4:30 p.m. • This gathering is open to all, including all levels of Reiki practitioners as well as non-practitioners who simply want to receive. This is a space to receive and practice, share and learn. $5 suggested donation. Call 355-5250; info@unfoldinglife.net or unfoldinglife.net.

Reiki I and II Intensive Class with Certificate with Beth Ann Hubrecht • June 13-14 or Aug. 8-9, Friday 6-10 p.m. and Saturday 9 a.m.-6:30 p.m. • Reiki is one of the few healing modalities that is utilized for self-healing treatments and for offering energy work and balance to others. In Reiki I and II, students receive attunements that empower them to offer Reiki healing energy on physical, mental, and emotional levels, and at a distance. The attunement is a spiritual process where healing energy is activated and enhanced, and can have a subtle to profound effect on one's life. $306. Call 719-0311; kindnessclinic.info@gmail.com or kindnessclinic.com.

Reiki Master Level Intensive Class with Certificate with Beth Ann Hubrecht • June 15 or Aug. 10, 9 a.m.-1:30 p.m. • Reiki Master Level attunes you to the highest level of Reiki and consciously aligns you to your higher self, allowing for more guidance and the ability to offer Reiki healing energy on a spiritual level. You'll learn an advanced technique for clearing energy and have the opportunity to practice. $243. Call 719-0311; kindnessclinic.info@gmail.com or kindnessclinic.com.

First Degree Reiki with Suzy Wienckowski • May 23-24: Friday 7-9:30 p.m., Saturday 9:30 a.m.-5 p.m. • Reiki is a gentle, hands-on healing art. It is easily learned by all and, after initiation by a Reiki Master, healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain, and restores balance and harmony on all levels: body, mind, and spirit. Class includes history, hands-on treatment form for yourself and others, and individual initiations. $150 with certificate awarded. Call 476-7958; suzyreiki@aol.com.

Retreats

Private Directed Silent Retreat with Janene Ternes • July 28, 2 p.m. through Aug. 1, 1 p.m. • Come away for a few days of peaceful presence with God. Experience the serenity and clarity that comes from listening to God's holy spirit within you. This retreat will provide time and space for solitude and personal prayer, and optional participation in campus liturgy and Tuesday evening peace prayer. $375 includes private room, meals, and daily spiritual direction, or $250 commuters. Call 347-2422; prayerinmotionjt@aol.com or prayer-in-motion.com.

Private Directed Retreats with Mary Pat Dewey, Joan Ebbitt, Therese Haggerty, Trudy McSorley, and Janene Ternes • July 28, 2 p.m. through Aug. 1, 1 p.m. • See above description. Indicate first, second, and third choice of a spiritual director on your registration form. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org/registration.

Silent Guided Retreat: Awake, My Soul! with Janene Ternes • June 22, 5 p.m. through June 29, 10 a.m. • This silent, guided retreat will provide means and opportunity to recapture our joy, awaken our senses, and open ourselves to draw nearer to God, with movement prayer experience in the morning, optional individual spiritual direction in the afternoon, and optional integration process in the evening. Using music, movement, guided meditation, and journaling to pray, we will deepen our focus, open our hearts, and awaken our souls. Basic movements will be taught that can be done by anyone, regardless of age, experience or physical limitation. $425 includes private room and meals. Call 347-2422; prayerinmotionjt@aol.com or prayer-in-motion.com.

One-Day Retreat with Zen Buddhist Temple • Aug. 9, 9 a.m.-5 p.m. • This retreat offers sitting and walking meditation, simple manual work, a delicious vegetarian lunch, and rest - an interval of deepening, slowing down, silence, and mindfulness. $60 includes lunch. Call 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Channeling and Psychic Development Weekend with Shala Kilmer • Aug. 1-3 • Experience an advanced, fun-filled weekend in Saugutuck, Michigan. Raise your vibration through advanced channeling and psychic development in a beautiful setting. $497 tuition. Call 248-258-8287; shalakilmer@gmail.com or intuitionpath.com.

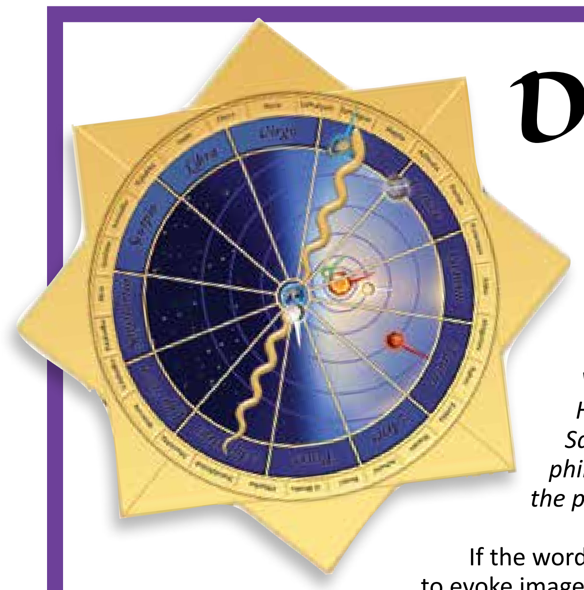
> The secret of happiness is not in doing what one likes, but in liking what one does.
>
> —James Matthew Barrie

Insight and Lovingkindness with Winnie Nazarko and Chas DiCapua • June 20, 5 p.m. through June 27, Noon • This seven-day residential vipassana and metta meditation retreat in Toronto, Canada is suitable for beginning and experienced meditators. Includes single room lodging, vegetarian food, and daily yoga option. For cost, call Kate at 519-852-1743; info@dharmaretreats.ca or dharmaretreats.ca.

God's Beloved: An Ecumenical Contemplative Retreat with Arlene Kosmatka • July 13, 6:30 p.m. through July 18, 1 p.m. • This retreat invites us to spend five days in deep contemplation, heightening our consciousness of being God's beloved. Daily sharing of the word, meals in silence, optional evenings of brief sharing, and spiritual accompaniment will be available. $325, or $225 for commuters. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org/registration.

Jesus, A Pathway to God with Rosemarie Kieffer and Anneliese Sinnott • Aug. 4, 3 p.m. through Aug. 6, 1 p.m. • Join us for three days of study and reflection in order to deepen one's own understanding and experience of the person of Jesus. How will new ways of perceiving Jesus affect our lives in a global world? $325, or $225 each double occupancy, or $125 commuter. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org/registration.

Partner Yoga and Thai Massage Retreat with Tatianah Thunberg and Kelly Kempter • July 11-13 • Experience a restorative retreat in the warmth of summer at Song of the Morning Yoga Ranch. Dynamic partner yoga postures, breath regulation, and meditation offer an opportunity to explore Hatha yoga while cultivating closeness and subtle communication with another. Thai yoga massage offers an opportunity to continue this conversation through giving and receiving touch grounded in the breath and supported by compassion and loving kindness. $145 or $130 in advance. Call 223-4156; sacredbreathhealingstudies@gmail.com or sacredbreathhealingstudies.com.



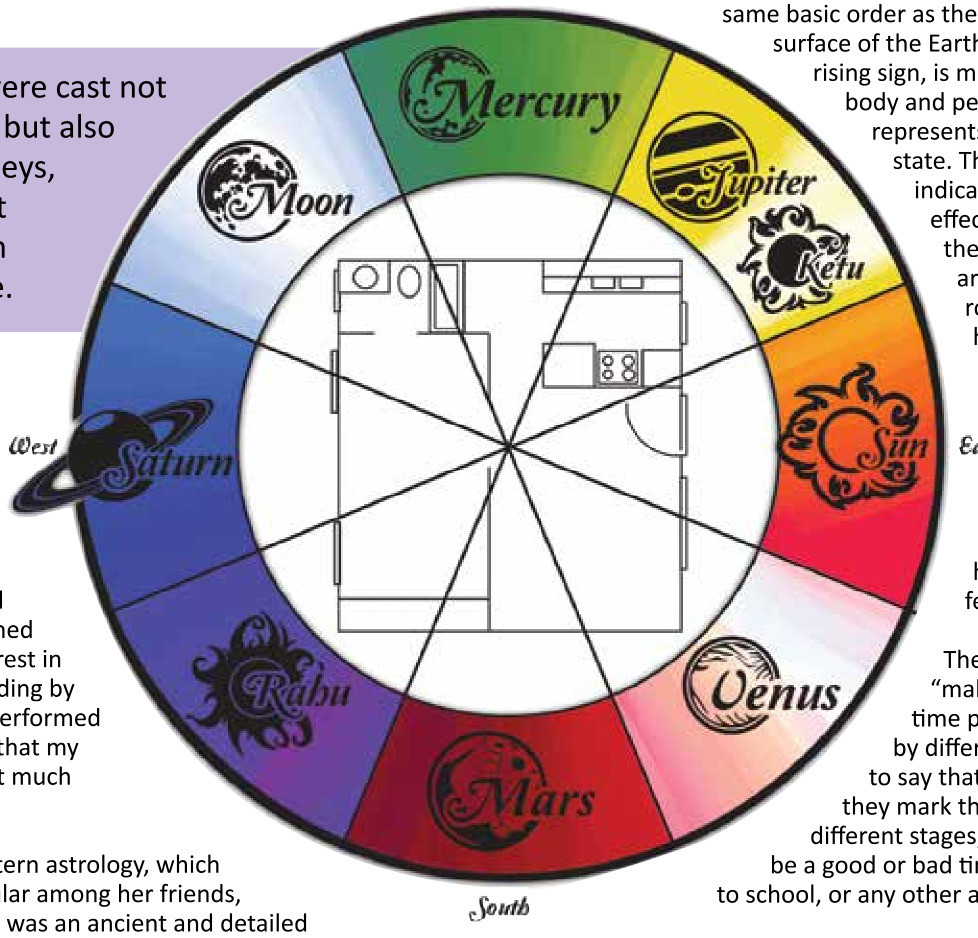
Discovering Vedic Astrology and Its Ancient Roots

Article and Artwork by Brandi Lyons

***Veda** (noun): 1. The most ancient Hindu scriptures, written in early Sanskrit and containing hymns, philosophy, and guidance on ritual for the priests of Vedic religion.*

If the word "Veda" is familiar at all, it is likely to evoke images of Hindu mythology. Or it might remind you of the word "Ayurveda," which refers to a system of healing based on elemental energies. The Western concept of a magical and superstitious India might be why I was surprised to see the country pop up in the BBC documentary *The History of Mathematics*, which explained that Vedic scholars set forth advanced mathematical treatises 1,000 to 3,000 years ago. They described the concept of zero, the 10-based value method, the techniques of algebra and algorithm, and square root and cube root, for the first time in recorded history. Sanskrit words contextually and phonetically similar to "geometry" and "trigonometry" appear in mathematical texts dating from before India's contact with Greece, and the word "algebra" comes from the title of the first foreign book describing Indian methods of calculation.

Why did the ancient Indian seers need to invent methods to make such complex calculations? What were they doing? Perhaps the most important thing by their reckoning was the calculation of Vedic astrological charts. These charts were cast not only for the birth of kings but also for the beginning of journeys, at the outset of important endeavors, or in any given moment to seek guidance.



[Vedic astrology] charts were cast not only for the birth of kings but also for the beginning of journeys, at the outset of important endeavors, or in any given moment to seek guidance.

I first discovered Vedic astrology when I began to practice Kundalini yoga as taught by Yogi Bhajan. Yoga and Ayurveda are both said to be branches of Jyotish (Vedic astrology), the "science of light." The founder of the yoga studio where I practiced was a wise old Vedic astrologer named Mehtab. At the time, I had lost interest in astrology, but a friend bought a reading by Mehtab as a gift for me. When he performed my first chart reading, I discovered that my interest in India and the Vedas went much deeper than I ever imagined.

I had grown up learning about Western astrology, which my mother liked and was very popular among her friends, but the astrology that Mehtab used was an ancient and detailed form I had never seen. It included "remedial measures" prescribed by the Vedic texts. Any problem that could be defined came with an array of treatments to correct it. Whether the subject preferred gems, color therapies, aroma therapies, mantra, meditations, dietary or lifestyle changes, there was an appealing option somewhere in each chart to improve life. This empowering concept thrilled me, since I had never conceived of the idea that a person had any option to strengthen or counteract the events described in his or her birth chart.

An astrology chart has something to say about absolutely anything one can ask.

An astrology chart has something to say about absolutely anything one can ask. In Western astrology, this information reads like a description of a static pre-destined path. Not so in Vedic astrology, which emphasizes the impact of free will, describing the precise tools each individual can use to reach his or her unique potential. Ironically, I found that Vedic astrology treated the planets much more like symbols of personal and practical concepts in life than their unyielding and often tyrannical Western counterparts, which suddenly seemed oddly superstitious by comparison.

In a Vedic astrology class taught by Mehtab, I learned what he called "arcane knowledge," which inspired me to begin making charts and diagrams, exploring and arranging new and old concepts that took on new meanings. Planets, chakras, linguistics, aesthetic, and stylistic choices all revealed their interrelationships and intrinsic meanings.

The first surprise I uncovered was in my own chart. "My sign" was not my actual sign at all. Since the Western zodiac does not account for the procession of the Earth's poles, it is in error by more than a week, meaning that there is a good chance that your Western signs are incorrect. The Western system slides a little bit more out of whack each year, while the Vedic system remains accurate in any century. It showed that all three of my main signs were wrong. The traditional 12 signs are further divided into 27 smaller sub-signs, which explained how two people in the same sign can be so different — something I really took issue with in Western astrology.

This empowering concept thrilled me, since I had never conceived of the idea that a person had any option to strengthen or counteract the events described in his or her birth chart.

In Vedic Astrology the planets each signify a category of roles and activities at play in a person's life. Their hierarchy of importance follows the same basic order as the actual influence they have on the surface of the Earth itself. The Earth's orientation, your rising sign, is most important as it represents your body and personality. Second is the moon, which represents your inner mental and emotional state. Third, the sun, signifies the soul and indicates your dharma, public life, and the effects of authority upon you. Next are the five visible planets, like character archetypes, representing their own roles and activities in the world. Each has a strong personality, and is located in one of twelve houses describing every domain of life, in a sign that adds its own atmosphere.

So, basically, the planets are like people and the roles they play. The houses are areas of life, like career or home. The signs are the condition and feel of those areas.

There is also an extremely useful "mahadasha" system to plot the unfolding time periods unique to one's life, each ruled by different planetary influences. This is not to say that they dictate what happens. Instead, they mark the influences and probabilities at different stages, giving us a heads up when it might be a good or bad time to start a business, have a child, go to school, or any other activity we might consider.

There is an extremely useful "mahadasha" system to plot the unfolding time periods unique to one's life, each ruled by different planetary influences.

The world around us is full of tools with hidden meaning that we can use as we assert our own free will. Ayurveda is meant to be used with Vedic astrology to not only heal the body but to support all of life's activities. We are all meant to solve the unique puzzle of our lives.

> *What is the use of much speaking? Whatever object exists in this moving and non-moving world cannot be understood without the base of* Ganita *(mathematics).*
> – from the *Vedanga Jyotisha* text, 1,000 B.C.E.

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Brandi Lyons is a concept artist and Vedic astrologer, who recently moved to Ann Arbor from Austin, Texas. She has studied Vedic astrology and Kundalini for three years, and she spends her time tinkering with diagrams as she seeks to recombine ancient systems for healing into a new form with practical modern applications. For more information, email ayurvedicastrology@gmail.com or visit ayurvedicastrology.wordpress.com.

The Crazy Wisdom Calendar

Retreats (continued)

Journey to Wholeness: Balancing the Feminine and Masculine in Times of Change with Tatianah Thunberg and David Hall • May 30-June 1 • At this unprecedented time in our social and spiritual evolution, we are all being called forth to balance and respect masculine and feminine energies within ourselves and in our daily relationships with loved ones, our planet, and the divine. Unveil and clarify both the light and shadow of this intricate polarity, removing obstacles that constrict our capacity to trust, surrender, and open to greater love and service. Held at Song of the Morning Yoga Ranch. $145 plus lodging or $130 in advance. Call Tatianah at 904-3035; spiritmovesyoga@gmail.com or spiritmoves.us/journey-to-wholeness.

Sculpting From Your Soul with Estela Boudreau • Aug. 1-3 • The student creates and finishes a portrait, to be fired at a later time. $395 covers class, food (six meals), and lodging. Call 313-407-0953; windrise125@gmail.com or windrise.com.

Developing the Light Body with Karlta Zarley • May 18, 3 p.m. through May 21, 2 p.m. • Learn about the light body, what it is, how it develops, and what to watch for in ourselves as we change and evolve. We will be staying in a small cottage on the shore of Lake Michigan. We will share cooking responsibilities and "eat in". $150 for the class, $75 lodging, $60 food fee. Call 433-9333; kzarley@att.net or karltazarley.com.

Living From Our True Nature with Barbara Brodsky, Aaron, and the Brothers and Sisters of Light, sponsored by Deep Spring Center • Pre-retreat workshop: Oct. 27-28, Retreat: Oct. 29-Nov. 2 • Bringing together the supports of a silent meditation retreat, a workshop with a variety of engaging exercises, and the loving guidance of spirit, this residential retreat/playshop takes place on the shore of Lake Michigan. We are divine and radiant beings, awake and loving. What blocks the fullest manifestation, and how do we come to know that essence and bring it more fully into the world? $175 pre-retreat and $350 for retreat, if paid by June 28. Call Amy at 660-0898; info@deepspring.org or deepspring.org.

Summer Silent Retreat: Self or No Self Isn't the Question with Barbara Brodsky, John Orr, and Aaron with Bilha Birman-Rivlin and Karen Mori • Three day: June 21-23 or Seven day: June 21-27 • Held at the beautiful Emrich 24 acre retreat center adjacent to 5,000 acres of wooded state land in Brighton, and for all levels. One of the most puzzling and difficult to understand teachings of the Buddha is anatta, which means "non self" or "not self". In this retreat, we will explore the interface of the relative human (meaning you and I) that we can refer to as the self and our innermost essence, absolutely and always untouched by change and death. $280 for 3 days or $495 for seven days if paid by May 24. Call 477-5848; info@deepspring.org or deepspring.org.

Yoga and Breath Meditation Retreat with Dave and Pat Krajovic and Amy Brusca • Aug. 1, 5 p.m. through Aug. 3, 1 p.m. at Inn at the Rustic Gate • Relax and renew your body, mind, and senses in a loving, spiritual space. Enjoy delectable cuisine, connect with likeminded people, meditate, contemplate, practice yoga, breathe, and simply be! Walk the labyrinth, drum, and be purified by the fire, weather permitting. For cost, call 734-416-5200; inspire@globalbreathinstitute.com or globalbreathinstitute.com.

Technology Free Weekend at Self Realization Meditation Healing Centre • May 31, 11 a.m. through June 1, 1:30 p.m. • Take a break from the vibrational energies of technology! Includes delicious home-cooked vegetarian meals Saturday lunch through Sunday lunch and shared room lodging with an optional life skills and relaxation class for an additional fee. Private room may be available. $175. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Silent Retreat at Self Realization Meditation Healing Centre • June 20 before dinner through June 22 after dinner • Inner and outer silence, together with times spent in prayer, meditation, contemplation, and walking help us to develop a depth of peace rare in today's hectic lifestyles. This small group retreat includes simple home-cooked vegetarian meals and comfortable shared room lodging in a quiet country setting. Private room may be available. $140. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Transformational Healing Retreat at Self Realization Meditation Healing Centre • July 4, 11:30 a.m. through July 6, 1:30 p.m. • This retreat includes a private appointment to receive natural spiritual healing and learn a healing breath, a group transformation Hatha yoga class for all levels and abilities, time for meditation together or on your own, and plenty of free time to rest, read, contemplate, walk in nature or whatever else your heart calls you to do. Private room may be available. $240 includes shared lodging and all meals. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Cultivating a Kind Attention with Chas DiCapua • May 17, 8:45 a.m.-5 p.m. • Although the basic nature of our mind is to be naturally aware, we have gotten into the habit of not being aware. Meditation practice can be seen as training the heart and mind so that the default shifts from being lost in a thought created world, to being aware of the present moment. In this day-long retreat, through meditation and discussion, we will explore how to engage in training the heart and mind in a caring way. Free with donations accepted. Call Richard at 330-7374; richardking77@gmail.com or ima2.org.

Sophia Unfolds 2014 Retreat: Beloved Body! with Mara and Andrea Evans • Aug. 8, 6 p.m. through Aug. 10, 5 p.m. • This retreat experience offers workshops, beautiful grounds, fabulous food, and time to play, connect, and rejuvenate with beautiful, wise women. Join us to connect with the beauty, power, creativity, balance, and sacredness of your female form. $350 includes food and lodging. Call Andrea at 770-6850; sophiaunfolds@gmail.com or sophiaunfolds.com.

Shamanism

Quodoushka 1: Sacred Sexuality with Karen Krauss and John Ardagh • May 2, 5 p.m. through May 5, 6 p.m. • Quodoushka is spiritual sexuality from the shamanic tradition for singles and couples. Experience how the gift of your sexuality is your most powerful resource for full self-expression, health, hope, happiness, harmony, and humor. Learn more about yourself as a spiritual sexual being than you have ever felt in your life and accept your sexuality as natural, sacred, and beautiful. Between $500-$745. Call Brian at 517-552-3990; brian@outer-edge.com or quodoushka.org.

Quodoushka 2: Sacred Sexuality with Karen Krauss and John Ardagh • May 5, 5 p.m. through May 11, 6 p.m. • See above description. Quodoushka 2 includes advanced teachings requiring attendance at Quodoushka 1 previously. Between $500-$745. Call Brian at 517-552-3990; brian@outer-edge.com or quodoushka.org.

Core Shamanism with Marjorie Farnsworth • June 26, 6:30-8:30 p.m. at Crazy Wisdom Community Room • Shamanism is the healing work of medicine people in tribal cultures. It is at least 40,000 years old and predates all religions. This is your opportunity to learn the philosophy and basic healing practices of this ancient system. $25. Call 347-8180; info@spiritassistshamanichealing.com or spiritassistshamanichealing.com.

Shamanic Journey with James Treeclimber • May 21, June 18, July 16, Aug. 20; 7 p.m. • Experience nature-based dream-trance shamanic journey, utilizing candles and a hypnotic drum beat, in sacred context. Interact with your totems, ancestors, power animals, spirit guides, and healers. This practice is at least 65,000 years old. Free. Call Jim at 248-599-7387; leboeufjames@att.net.

Introduction to Journeying with Connie Lee Eiland • June 8, 10 a.m.-5 p.m. • This class includes power animal retrieval and journeys to upper, lower, and middle worlds with drums and rattles. $70. Call 248-809-3230; clshebear@comcast.net or shewolfshaman.com.

Shamanism, Death, and Dying with Connie Lee Eiland • June 21, 9:45 a.m.-6 p.m. and June 22, 10 a.m.-4 p.m. • This workshop heightens our spiritual understanding of death and dying. Psychopomp will be taught. $200 with early payment discount offered. Call 248-809-3230; clshebear@comcast.net or shewolfshaman.com.

Healing with Spiritual Light with Connie Lee Eiland • Aug. 16, 10 a.m.-8 p.m. and Aug. 17, 10 a.m.-5 p.m. • We will work with unlimited powers of the universe as introduced by Sandra Ingerman. This method does not look at clients as sick. $200 with early payment discount offered. Call 248-809-3230; clshebear@comcast.net or shewolfshaman.com.

Shamanism: Introduction to the Path of Empowerment and Healing with Kate Durda • June 8 or Aug. 2, 9 a.m.-5 p.m. • This class is experiential training in the shamanic journey, and introduction to shamanism healing methods and practice. This class is a prerequisite for all advanced training with Spirit Weavers. $85 with early payment discount offered. Call 517-667-0694; spiritweavers@gmail.com or spiritweavers.net.

Shamans Walk and Community Healing Circle with Kate Durda and Stephanie Tighe • July 26, 10 a.m.-5 p.m. • All traditions welcome to come together as a community to deepen our shamanic practice and support each other on our path! We will journey deeply, and dance passionately, for several hours - allowing time and space to hear from the spirits and our inner selves, learning what we need to know to become who we are meant to be in this lifetime. Followed by a healing circle. Potluck and shamanic bazaar with rattles, drums, medicine bags, and more for purchase. $60 with early payment discount offered, limited to 50 people. Call 517-667-0694; spiritweavers@gmail.com or spiritweavers.net.

Weather Shamanism Parts I and II with Nan Moss • Aug. 22-24 • Weather shamanism, a form of spiritual ecology, is a call to those who care about where our world may be heading, and who sincerely wish to safeguard the health of our planet. Through journeying and ceremony, we work with the spirits of weather directly to find out what they can teach us, what they want from us, and how we can work together on behalf of a viable world for all. For times and cost, call Kate at 517-667-0694; spiritweavers@gmail.com or spiritweavers.net.

Spiritual Development

Creating Your Personal Power Field with Fadia Abdouni • May 3, June 14, 24, July 22, Aug. 9, 16 at Crazy Wisdom Community Room • This will be an informal and fun talk about the shift in consciousness and your personal power field. We will discuss awareness and your personal power field, and how to create and maintain it. Three powerful tools will be taught that will immediately quiet the noise and increase well being. Free. For times, call 248-709-5278; goldenliquidlight88@gmail.com or goldenliquidlight.com.

ZingTrain Speaker Series: Mindfulness Matters with Ram Mahalingam • May 7, 8-9:30 a.m. • This session includes an overview of current research on mindfulness that documents how mindfulness practices improve our psychological well being. Learn tips and techniques to help you monitor your mindfulness practices on a daily basis. $50 or $25 for students. Call Gauri at 930-1919; gthergaonkar@zingermans.com or zingtrain.com.

Spiritual Development (continued)

Diamond Approach Meeting with Gregory Beck • June 20-22: Friday, 7-9 p.m., Saturday and Sunday, 9:30 a.m.-4:30 p.m. • This will be a weekend teaching of the Diamond Approach, a spiritual path for our time. This path of spiritual transformation was developed by A.H. Almaas. $20 for introductory talk on Friday. $135 for Saturday and Sunday. Call Gretchen at 213-0579; michiganglda@gmail.com.

Realization Process Practice Sessions with Mara Evans • Ongoing Tuesdays, 6-7:30 p.m. • Practice consciousness expanding and embodiment exercises that elicit experiences of non-duality as developed by Judith Blackston. Drop-ins welcome. By donation. Call 255-0852; arammai.services@gmail.com or arammai.com.

The Daily Practice of Connecting to Source: Ascension Breathing with Dave and Pat Krajovic • May 18, 9 a.m.-3 p.m. • Would you like to live fully, lovingly, and consciously? Learn how to start and end your day with joy and peace in your heart by learning the simple and brief but powerful ascension breath practice to connect to source. $139. Call Pat at 734-416-5200; inspire@globalbreathinstitute.com or globalbreathinstitute.com.

> To be nobody but yourself in a world that's doing its best to make you somebody else, is to fight the hardest battle you are ever going to fight. Never stop fighting.
>
> —E.E. CUMMINGS

Fear: Why We Are Afraid and the Path to Fearlessness with Mother Clare of Center of Light • June 27, 7:30 p.m. • In a world of self-confidence, clarity, and peacefulness, how does fear creep in so easily? It is the seed of anger, confusion, and war. Come to this seminar and learn to fearlessly walk the way of freedom from all that has held you from becoming yourself. $40. Call Selena at 330-5048; revselena@centersoflight.org or annarbor.centersoflight.org.

Transformed by the Light with Mother Clare of Center of Light • June 28, 9 a.m.-2 p.m. • Light is known in science to be a healing and preserving power. The light of the sun has been worshipped for centuries and is known to have nurturing effects on the body and mind. This same light can nurture your soul and spirit when it is turned inward for the purpose of spiritual development. $50 includes lunch. Call Selena at 330-5048; revselena@centersoflight.org or annarbor.centersoflight.org.

Will: The Power to Commit with Mother Clare of Center of Light • Aug. 29, 7:30 p.m. • Most people believe that we have been given the gift of free will. How have you used this gift to create the life that you want for yourself? In exercising your will through decision making and action, you can strengthen this creative muscle and tap into the great creative energy of the universe to support your efforts. $40. Call Selena at 330-5048; revselena@centersoflight.org or annarbor.centersoflight.org.

Qabala with Karen Greenberg • Monthly meetings for one year, starting May 5, 7-10 p.m. • Learn how to identify your soul's purpose and how to financially support yourself living it. Learn how to develop a personal relationship with the creator/higher power, how to identify, express healthily, and clear low vibrational emotions, limiting thoughts, beliefs, and patterns, how to work toward optimal health and relationships, and how to organize your life and living conditions. $137. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Sacred Divine Geometry and Astral Travel with Karen Greenberg • June 1, Noon-9 p.m. • Learn the sacred symbols and emblazon them into your being to facilitate safe astral travel to the spiritual dimensions, through the gates of heaven, to the akashic zone as well as to geographical locations. $166. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Sacred Altar with Karen Greenberg • June 29, 2-6 p.m. • An altar is the face of G-d. Learn to place representations of the four metaphysical elements on your sacred altar, differing meanings of the direction in which you place your altar, and how to bridge from your astral to your physical altar. Learn to create different altars for abundance, love, peace, and manifestation, and various oils, herbs, flowers, stones, and how they enhance all you are creating. $83. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Alchemy and Meditation with Karen Greenberg • July 6, 10 a.m.-8 p.m. • Learn tools and techniques to shift your vibration from a lower vibration to a higher one, including sacred letters, powerful archetypes, sacred oils, visualization, meditation, prayer, toning names of G-d, archangels, and breathwork. $166. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Gifts of the Spirit with Karen Greenberg • July 13, 20, 27; Noon-9:30 p.m. • Learn how to create a sacred space in which to receive spiritual guidance on important questions. Learn how to distinguish between answers that your personality was hoping to hear versus higher level information from your higher self, your master of light self, your archangelic self. Learn your power time of day, how to have your electronic devices attain your higher vibration, and how to develop clairvoyance, clairaudience, and clairsentience. $133 per day. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

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If you missed getting your listing into the current issue of The Crazy Wisdom Journal, our email service is an excellent way to still reach many people who might be interested in what you're offering!

Email Service ads must be mail-ready and emailed to Carol. For more information contact Carol at carol@crazywisdom.net or visit www.crazywisdom.net

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The Crazy Wisdom Calendar

Spiritual Development (continued)

Tree of Life Spiritual Journey with Karen Greenberg • Aug. 10, 3-9 p.m. • This is an experiential journey through the spheres of the tree of life. Each sphere represents a different quality of our creator. Color the colors, see the pattern that the different candles create and what it reveals about where healing is needed, move to the music, tone, and embody the magical images of the various spheres. $77. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Tree of Life Spiritual Journey 2 with Karen Greenberg • Aug. 17, Noon-6 p.m. • See above description. Learn about different gemstones, the G-d names, archangelic names, angel names, Biblical names, and the trees that correspond to the various spheres in the tree of life. Experience the essences created from the gemstones and tone the holy names for connection and manifestation. $77. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Soul Fitness: A Five-Step Plan for Inner and Outer Peace with the Aetherius Society • May 29, 7:30-9:30 p.m. • This class teaches us how to attain inner peace. It also teaches how to radiate the harmonious power of love to help bring peace to our world. It comprises five progressive steps that include guided meditations and exercises, culminating in a complete soul fitness plan you can easily use in your life. $15. Call Chrissie at 248-588-0290; info@aetheriusmi.org or aetheriusmi.org.

> We always see our worst selves. Our most vulnerable selves. We need someone else to get close enough to tell us we're wrong. Someone we trust.
>
> —DAVID LEVITHAN

Sunday Divine Service with the Aetherius Society • Sundays, 11 a.m. • The regular Sunday services include beautiful, dynamic prayers, eastern mantra, and an address, either by one of our priests or ministers or a recording by the late George King, founder-president of the Aetherius Society. A highlight of this service is the playing of one of the twelve blessings transmissions delivered by the master Jesus. Free with love offering welcome. Call Chrissie at 248-588-0290; info@aetheriusmi.org or aetheriusmi.org.

Presentation on Spiritual Master George King with the Aetherius Society • May 8, 7:30 p.m. • Much has been written about George King who, for over 40 years, claimed contact with extra-terrestrial intelligences long before it became fashionable. Trained in the intense discipline of yoga, demanding much of others and infinitely more of himself, he founded the Aetherius Society, a non-profit spiritual organization in 1955, giving a new cosmic vision for humanity. Now, 17 years after his passing as we witness unprecedented change in our world, more than ever do we need a new spiritual understanding of our true place in the cosmos. $10. Call Chrissie at 248-588-0290; info@aetheriusmi.org or aetheriusmi.org.

Satsang: A Spiritual Gathering with the Aetherius Society • May 16, June 27; 7:30 p.m. • In this monthly spiritual gathering, there will be talks, interactive exercises, guided meditations, healing, mystic visualizations, prayer, movement, mantra, music, and inspiration. Topics will be spiritual, magical, and helpful: self-mastery, the energy arts, psychic and spiritual development, astrology, Qigong, and the wisdom teachings of Jesus. Awareness of the Inner Planes on May 16 and Raising Vibrations on June 27. Free with love offering. Call Chrissie at 248-588-0290; info@aetheriusmi.org or aetheriusmi.org.

Secular Sanctity: Contemplative Living in a Chaotic Culture with Rev. Donald Cozzens • Aug. 7, 9:30 a.m.-3:30 p.m. • In the midst of our secular world with its emphasis on material success, competition, and rugged individualism, God's spirit calls us to a life rooted in gospel values. This program, drawing on the riches of the church's contemplative tradition, offers practical, time-honored counsel for soulful living in our mechanized and technology-driven society. $40 includes lunch. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org/registration.

Who's Driving Your Car with Judith Garten • May 1, 7-9 p.m. • Are you perplexed by the choices you make? Do you find yourself going down the same destructive road that you have taken 100 times before? Come explore how you can really change your destination with conceptual tools that you can immediately apply to your life. By donation. Call Terri at 906-280-3982; tsirving@up.net.

The Work of Byron Katie with Melanie Fuscaldo • May 27, 1-2:30 p.m. • Learn The Work by Byron Katie - four simple questions that can transform your life, reduce your suffering, and enhance your freedom and peace. $30. To reserve your space, call 668-2733; mfuscaldo@gmail.com; melaniefuscaldo.com.

Storytelling

Story Night with Members of the Ann Arbor Storytellers' Guild • May 22, June 12, July 10; 7-9 p.m. at Crazy Wisdom Tea Room • Bring a story or lend an ear. Enjoy yummy desserts, exotic teas or light supper while listening to Ann Arbor Storytellers' Guild Members. No pressure, but consider bringing a five-minute tale to tell. We're all ears. Donations accepted. Contact Laura at laurastory62@gmail.com; annarborstorytelling.org.

Ann Arbor Storytellers' Guild Monthly Meetings • Fourth Sundays in May and June, 2-4 p.m. • Monthly meetings always start with stories and then, more stories! Listeners and tellers welcome. Contact annarborstorytelling.org.

Stress Management

Pure Meditation Foundation Class with Self Realization Meditation Healing Centre • May 10 and June 20, 3-5 p.m. • Conquer stress, improve concentration, and find inner peace. Of value in all walks of life, it helps you to be in charge of how you feel physically, mentally, and emotionally and takes only a few minutes to practice each day. Includes book and follow-up appointment. $60. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Relieving Stress the Natural Way Workshop with Karen Watanabe • May 13, June 10, July 8, Aug. 12 • Ten healthy and simple ways to relieve stress will be taught in this workshop. Participants will also be offered free magnetic sleep pad system trials to feel for themselves the relief that magnetics can bring to the nervous system. Free. For times, call 649-4226; karenewatanabe@gmail.com or ikken.com/karenw.

Stress Management: Embracing the Peace Within You with Melanie Fuscaldo • May 20, 1-2:30 p.m. • Tune into messages from your body, mind, emotions, and spirit to learn effective strategies to enhance your well being. Identify your unique stressors and gain information from your inner wisdom. Leave with coping strategies to enhance your effectiveness. $30. To reserve your space, call Melanie at 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Equine Inspired Mindfulness with Kimberly Cardeccia • June 29, 1-2:30 p.m. • This workshop balances the intellectual with the experiential to enrich the application of mindfulness in your life. It will consist of lecture, discussion, and the opportunity to experience mindfulness with the support of a horse. $50. Call 517-898-5094; kim@hiddenpromisecampus.com or hiddenpromisecampus.com.

Let Your Yes Be Yes and Your No Be No! with Joan Ebbitt • June 27, 7 p.m. through June 28, 5 p.m. • When you are living in fear, struggling with issues of control, losing your way, and feeling overcommitted or exhausted, it may be because you don't realize that you have tremendous power. Lack of power is a spiritual dilemma; it zaps your zest for life. This retreat will examine how you use your internal authority to say and mean "yes" and "no". $100 single lodging, $60 double lodging or $45 commuter. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org/registration.

Relaxation for Body, Mind, and Spirit Day with Self Realization Meditation Healing Centre • Aug. 2, 11 a.m.-5 p.m. • Nurture yourself. This day includes a relaxing yoga class, delicious home cooked vegetarian lunch and refreshments for your body, quiet time for your spirit, and an optional pure meditation foundation class for your mind. Treat yourself to a retreat by either arriving Friday evening or staying until Sunday morning. $39 with lunch and refreshments; $86 shared room lodging and all meals. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Stress Management with Karen Greenberg • June 29, Noon-2 • Identify all of the stressful areas you currently have in your life, the ones that you have control over, and those you do not. Learn the physiological effects of stress and nine different techniques to mitigate and manage your particular types of stress. $50. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Support Groups

Weight Loss Support Group with Karen Watanabe • Mondays, 9 a.m. • If you are trying to lose weight and want some kind of friendly accountability support, then this is the group for you. If you arrive at 8:30 a.m., you can join us for a brisk 30-minute walk around the neighborhood. Free. Call 649-4226; karenewatanabe@gmail.com.

Sustainability

Active Hope: How to Face the Mess We're In without Going Crazy with Claire Maitre • May 10, 24, and June 7; 9:30 a.m.-4 p.m. • Based on the book *Active Hope*, this will be a facilitated book discussion group that will include ritual and group exercises from the extensive work of Joanna Macy and Chris Johnstone, as well as reading assignments and creative expression. Better than merely reading the book, this group allows you to experience it. Insights and teachings expand on the reading, and group sharing invites community, fosters an understanding of our radical interconnectedness, and invites exploration of each person's understanding of how they may participate in the most important social (r)evolution of our time. $60-$120 sliding scale for the series. Call Michigan Friends Center at 734-475-1892; manager@mfcenter.com or mfcenter.org.

Soul Springs Permaculture Design Course with Chiwara Permaculture • May 30-June 8 • Earn your Permaculture Design Course certification. Located on 30 acres of Harbor Springs forest farm abundance, Soul Springs features organic orchards, two acres of terraced earthworks, large scale hugelkulture installations, sustainable community buildings, and aquaponics systems. $999. For times, call Nathan at 272-7715; info@chiwarapermaculture.com or chiwarapermaculture.com.

Sustainability (continued)

Earth Plaster and Sculpting with Deanne Bednar • June 14, 9 a.m.-6 p.m. • Try your hand at using natural and local soil to make earth plaster and sculpting. Make your existing home more natural by applying earth over existing walls or apply these skills to a future natural building or earth oven you construct. You will learn to identify and mix plaster, prep walls and apply, make sculptures and model. Bring a bag lunch. $60 with early payment discount offered. Call 248-628-1887; strawbalestudio.org.

Natural Building Internships at the Strawbale Studio with Deanne Bednar • May-August • A rich experience in local, sustainable, natural building and living skills. Fee includes room and board and all activities and workshops during the time you are interning. Learn round pole framing, stone foundation, strawbale, cob, rocket stove, and permaculture gardening. Live on-site. Attend one or more months. For cost, call 248-628-1887; ecoartdb@gmail.com strawbalestudio.org.

Living Roof Workshop with Deanne Bednar • May 17, 2-5 p.m. • Explore this beautiful roofing option. Learn the principles of construction, see a wildly successful living roof on the Wood Shelter, and help plant the roof of the Hobbit Sauna with vegetation that we will forage from the surrounding land! Families are welcome to this nice outing. $30 with early payment discount available. Call 248-628-1887; ecoartdb@gmail.com strawbalestudio.org.

Fire and Heat: Rocket Stoves and More with Deanne Bednar • May 24, 10 a.m.-5 p.m. • Energy efficiency and beauty from local materials! See and experience a rocket mass heater, rocket mass cooker, hay box cooker, earth oven, and more. Learn the principles of construction, make a mock-up of the combustion unit, and tour the thatched buildings on site. Bring a bag lunch and sample the food we cook together. Limited to 12. $40 with early payment discount available. Call 248-628-1887; ecoartdb@gmail.com strawbalestudio.org.

The Strawbale and Cob Sauna with Deanne Bednar, Christina Ott, and Chris McClellan • July 19-Aug. 1 • A dream come true! This Natural Cottage Project is a comprehensive 14-day workshop taught by three seasoned instructors in a beautiful setting outside Oxford, MI. Hands-on training includes stone foundations, round pole framing, cob and straw bale, windows and doors, earthen plaster, earthen floors, living roofs, thatching, and more. Shade-tree lectures include building code, harvesting materials, natural design, and passive heating and cooling. $975 with payment by June 1 or $1,450 thereafter. For times, call Chris at 440-221-6609; info@naturalcottageproject.com, naturalcottageproject.com or strawbalestudio.org.

Tai Chi, Martial Arts & Self Defense

Good EnerChi Studio and Staggerin Dragon School of Tai Chi • ongoing classes offered • Tai Chi classes for individuals of any age and fitness level are a great way to relax and have fun with this engaging body/mind activity, rich in substance, but not without healthy humor. Tai Chi is a peaceful, flowing, low impact exercise, ideal for calming and centering. Many free classes. Call Karla at 325-4244; karla@goodenerchistudio.com or goodenerchistudio.com/classes.

Wu Style Tai Chi with Marilyn Feingold at Jewel Heart • Sundays: May 4-Aug. 31, 4-5:30 p.m. • Learn the ancient art of meditation in motion with this soft style martial art emphasizing relaxation and balance. No class July 6 and 13. $5 suggested donation. Call 994-3387; programs@jewelheart.org or jewelheart.org.

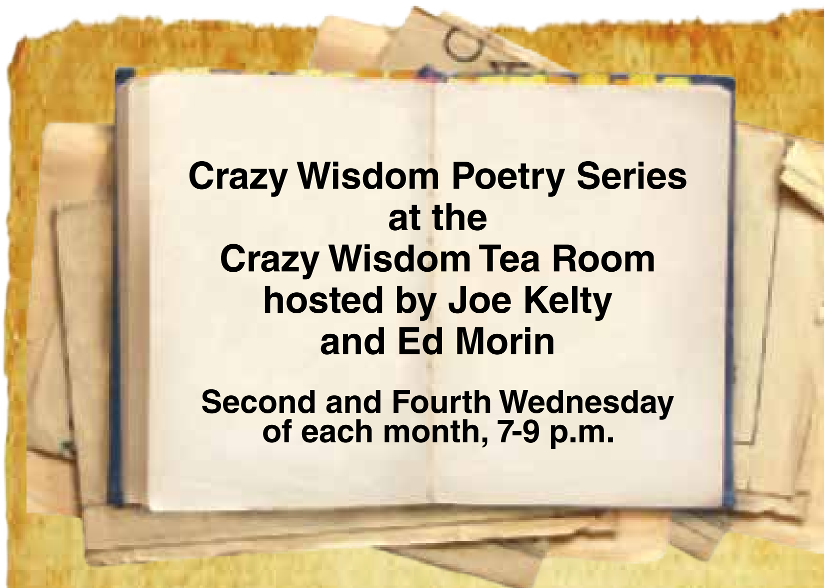
Tai Chi Beginner Ongoing Classes with Wasentha Young • April 28-July 24: Mondays, 10-11:15 a.m.; Tuesdays, 2:30-3:45 p.m. or 7:15-8:30 p.m.; Thursdays, 7:15-8:30 p.m. • Tai Chi is a Chinese internal martial art consisting of a series of postures linked together in a continuous, fluid form. Often characterized as a moving meditation, it promotes balance, coordination, concentration, and relaxation. This class is for students who are learning the form. $185 for all beginner classes - morning, afternoon, and evening - open for you to attend. The tuition remains the same. Call 741-0695; info@peacefuldragonschool.com or peacefuldragonschool.com.

Chen Taichi and Silk Reeling Qigong with Joel Robbins • Saturdays: Qigong at 10 a.m. and Taichi at 11 a.m. • Chen Taichi combines graceful, spiraling movements with powerful self defense techniques into a meditative, choreographed form. Chansi or silk reeling Qigong circulates qi/energy throughout the body and trains the fundamentals of Taichi without the martial focus or long complicated sequences. Both practices improve balance and coordination, relieve physical tension, and promote peace and tranquility within. $15 drop-in or $25 for 2 classes, $80 for ten. Call 315-0573; jrherbsandacupuncture@gmail.com or ouryellowbarn.com.

Wu Style Tai Chi Chuan with Sifu Genie Parker • Thursdays, 6 p.m.; Sundays, 2:30 p.m. and 4 p.m. • Wu style tai chi chuan is a soft style martial art emphasizing balance and relaxation. All are welcome to learn this ancient art of meditation in motion. $45 monthly for one class per week; $70 monthly for two classes per week with first class free. Call 248-229-1060; info@wustyle-annarbor.com or wustyle-annarbor.com.

Tai Chi with Michigan Tai Chi Association • May-August • Tai Chi is a great overall exercise that can be practiced by people of all ages and health conditions. Tai Chi is a meditation form of exercise that promotes balance and flexibility, and has been found to reduce stress and lower blood pressure. $40 per month unlimited, $30 per month for seniors. Call Sally at 591-3530; michtaichi@aol.com or taotaichi.org.

On May 1, 2014, the Crazy Wisdom Calendar will be available online at our new website: www.crazywisdomjournal.com.



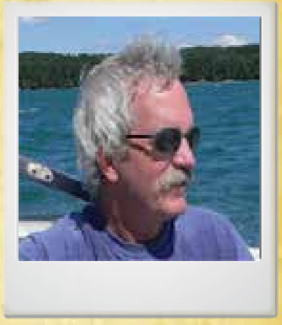
Crazy Wisdom Poetry Series at the Crazy Wisdom Tea Room hosted by Joe Kelty and Ed Morin

Second and Fourth Wednesday of each month, 7-9 p.m.

Second Wednesdays, 7-9 p.m. • Poetry Workshop at Crazy Wisdom Tearoom. All writers welcome to share and discuss their poetry and short fiction. Sign up for new participants begins 6:45 p.m.

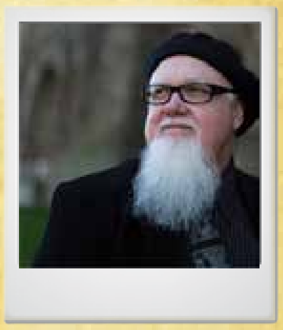
Fourth Wednesdays • Featured Reader and Open Mic reading, 7-9 p.m. All writers welcome to share their own or other favorite poetry. Sign up begins at 6:45 p.m.

Crazy Wisdom Poetry Series Featured readers



May 28 - Phillip Sterling has 4 published poetry collections: *Abeyance* (winner of the Frank Cat Press Chapbook Award, 2007), *Quatrains* (Pudding House 2006), *Significant Others* (Main Street Rag 2005), and *Mutual Shores* (New Issues 2000). His fiction, *In Which Brief Stories Are Told*, was published by Wayne State U. Press (2011). He edited *Imported Breads: Literature of Cultural Exchange* (Mammoth 2003) and founded the Literature In Person Reading Series at Ferris State U.

June 25 - Melba Joyce Boyd has published 9 books of poems, including *Death Dance of a Butterfly* (2012, winner of Michigan Notable Book Award). Distinguished Professor and Chair of Africana Studies at Wayne State U., she wrote *Wrestling with the Muse: Dudley Randall and the Broadside Press* (2003) and edited *Roses and Revolutions: The Selected Writings of Dudley Randall* (2009). She is co-editor (with M. L. Liebler) of *Abandon Automobile: Detroit City Poetry* (2001).



July 25 - M. L. Liebler is author of 13 books including the award winning *Wide Awake in Someone Else's Dream* (2008). His groundbreaking working-class literary anthology *Working Words: Punching the Clock and Kicking Out the Jams* received The Michigan Library Notable Book Award (2011). He has toured many countries with his Magic Poetry Band and other musical groups. *The Detroit Free Press* and *The Metro Times* recently selected him as Best Detroit Poet.

These events are **FREE** to attend.
Each featured reader is followed by an hour of open mic.

Joe Kelty, poet and teacher of biology and English at area community colleges.

Ed Morin, poet and former English teacher at area universities and colleges.

Crazy Wisdom Bookstore & Tea Room
114 S. Main St., Ann Arbor
http://crazywisdom.net/
734.665.2757

The Crazy Wisdom Calendar

Tai Chi, Martial Arts & Self Defense (continued)

Martial Arts Classes at Huron Valley Aikikai • Monday-Saturday mornings and evenings • Huron Valley Aikikai is a community of marital arts practitioners with the goal of providing an authentic, supportive, and high-quality environment for the study of Aikido. Classes include Aikido, Zen Meditation, Mixed Martial Arts, Batto-ho, Weapons, and Children's Aikido. For complete information, call 761-6012; hv-aikido.com.

Martial Arts Advantage • Morning and evening classes daily • An extensive collection of fitness and martial arts courses, Martial Arts Advantage offers classes for young children to adults in their 60s. Classes include yoga, pilates, cardio kickboxing, bootcamp, and specialized martial arts training. First class is free. Memberships available. Call 996-9699; themartialartsadvantage.com.

Aikido Yoshokai Association of North America • Evening classes offered four days per week • Aikido is a form of Japanese Budo, a way of study including both physical and mental training. The word Aikido can be loosely translated as "the Way of harmony with nature or universal energy". Aikido is a way of studying harmony through physical movements. We study moving in harmony with others to eventually strive to create harmony with nature. Children's classes offered also. Call 662-4686; aikidoyoshokai.org.

Asian Martial Arts Classes with Ryan Wilson and Barbara Marynowski through White Crane • Ongoing evening classes • Traditional, fully asian-recognized martial arts training methods sponsored through Juko Kai International and the International Okinawan Martial Arts Union. Call 417-7161; whitecranemichigan.com.

Classes with Asian Martial Arts Studio • Ongoing classes offered • Martial arts classes include Aikido, Kung Fu, Karate, Tai Chi, Wing Chun, and Lion Dance, with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in asian culture. Children's classes offered also. Call 994-3620; a2amas.com.

Tai Chi Classes with Richard Miller of Ann Arbor Tai Chi • Ongoing classes offered • Classes include Chen style tai chi chuan basic principles, a unique movement art emphasizing inner stillness and relaxation developed through disciplined whole body integration and refined awareness, with an emphasis on balance, relaxation, and whole body unity. $85 per month. Call 973-0226; ribrumi@sbcglobal.net or annarbortaichi.com.

B.C. Yu Martial Arts Center • Ongoing classes offered • Forty classes per week include Tae Kwon Do, Brazilian Jiu Jitsu, Modern Arnis, Mixed Martial Arts, and Fitness Kickboxing. Children's program teaches life skills. Call 994-9595; questions@bcyu.com or bcyu.com.

Okinawan Karate Club of Ann Arbor with Barb Christensen • Ongoing weekly classes • This club is a group dedicated to the teachings of Grandmaster Eizo Shimabukuro's karate, kobudo, and jujitsu. Classes available for women, teens, and children. Call 678-3882; senseibarb@karateannarbor.com or annarborokinawankarate.com.

Ann Arbor College of Martial Arts • Various weekly classes • This school offers a comprehensive self-defense system. It is also a fitness, health, and personal defense center with classes in martial arts, cardio kickboxing, Pilates, zumba, children's fitness, women's self defense, and shaolin martial conditioning. Call 913-6000; A2CoMO@gmail.com or A2CMA.com.

Tarot & Divination

Tarot and Numerology: Wisdom Readings by Jeanne Adwani in the Crazy Wisdom Tea Room • First and Third Fridays, 6:30-9:30 p.m. • $1.50 per minute. No appointment necessary. Call 260-0629; lspygirl14@gmail.com.

Drop-In Tarot/Psychic Readings with Rebecca Williams in the Crazy Wisdom Tea Room • Thursdays, 6-9 p.m. • $1.50 per minute. No appointment necessary. Contact rebeccawilliams999@comcast.net.

Drop-In Psychometry Readings with Barbara Pott in the Crazy Wisdom Tea Room • First and Third Sundays, 12-3 p.m. • Understand the past, guidance for the future intuited from your small objects or pictures. $1.50 per minute. No appointment necessary. Call 576-5707; awencrafts@gmail.com.

Tea Events

Fairy Tea at Crazy Wisdom Tea Room • Children and their families are welcome for tea and cookies served by real fairies! Celebrate with our enchanting fairies as they serve tea, treats, and magic. There will be story time with books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! $11 per person. Babies 18 months and younger are free. Tickets are only available by coming in to Crazy Wisdom or by phoning prior to the event. These events often sell out, so call early! Let us know of any food allergies. For information call, 665-2757 or email miranda@crazywisdom.net or crazywisdom.net.

Mother's Day Fairy Tea • May 11, 1 p.m. seating • Includes a craft for Mother's Day.
End of School Fairy Tea • June 19, 1 p.m. and 4 p.m. seatings
Back to School Fairy Tea • Aug. 28, 1 p.m. and 4 p.m. seatings

Wilderness Awareness

Willow Fish Basket Making with Nick Dillingham • June 7, 9 a.m.-4 p.m. • Learn the process of making a fish trap from the gathering of willow shoots through the creation of a finished basket. You'll learn how to use the bark as cordage to hold the basket together, different styles of baskets, and how to use them. For ages 15 and up. $45-$60 sliding scale. Call Rowena at 531-8330; naturelearningcommunity@gmail.com.

Nature Connection Playshop with Rowena Conahan • June 14, 10 a.m.-4 p.m. • Step aside from the busyness of your daily life and soak in the golden rays of nature! This day-long retreat for adults will deepen our connection with the earth and all its beings through a host of ancient and modern practices, including giving thanks, silent meditation outdoors, animal forms, sensory exploration, nature art, journaling, games, community-building, fox walking, ceremony, wild edibles, campfire cooking, and more. The playshop is about deep nurturance, fun, and belonging in nature. For ages 15 and up. $45. Call 531-8330; naturelearningcommunity@gmail.com.

Burned Wood Bowls with George Hedgepeth • July 6, 1-5 p.m. • Learn the process of crafting burned wood bowls. Selecting wood, preparing coals, shaping and finishing your bowl, as well as safety and tools to use in the creation of these useful and beautiful bowls will all be covered. All materials and tools provided. $45. Children ages 9-12 are half price with paid adult. Call Rowena at 531-8330; naturelearningcommunity@gmail.com.

Nature Learning Community Outdoors Skills Day with Rowena Conahan • July 19, 1-4 p.m. • This free gathering will take place in the forest of Sunward Cohousing Community in the bark and mud shelter and around the campfire. We will practice outdoor skills, play games, swing in the hammock, and enjoy good company. Bring a snack to share (or cook over a campfire) if you like, or just come! Free. Call 531-8330; naturelearningcommunity@gmail.com

Black Ash Basket-Making Workshop with Nick Dillingham • Aug. 9-10, 9 a.m.-5 p.m. • In this weekend workshop, we will experience the process of black ash basket-making from pounding an ash log through weaving our own baskets. We'll learn about the different types of traditional utility baskets and the role they played in the daily life of indigenous people. We'll also study the kinds of materials most commonly used, with a focus on black ash, including how to select the right tree, process materials, and construct traditional utility baskets for harvesting, pack/burden, storage, and decoration. $95-$120 sliding scale. Ages 15 and up. Call Rowena at 531-8330; naturelearningcommunity@gmail.com or naturelearningcommunity.org.

Explore Nature with Leslie Science and Nature Center • For more information, call 997-1553; info@lesliesnc.org or lesliesnc.org.

Frog Fest • May 3, 7-9 p.m. • Come celebrate the wonderful world of frogs with us! Learn how to identify the frogs and toads of Michigan and then journey to Black Pond to look for some. After your hike, meet some Michigan amphibians in our Critter House and others from around the world. For all ages. $8 each or $30 family.

Wild Wings in Action Photography Workshop • May 4, 8-10 a.m. • Increase your ability to take action shots while practicing photographing a flying red-tailed hawk and bald eagle. Participants will learn to take the ever-elusive photo of a bird in flight. For adults. $70 photographer or $25 spectator.

Mother's Day Wildflower Hike • May 11, 1-2:30 p.m. • Treat the mothers and mother figures in your life to a guided wildflower hike through Black Pond Woods and the LSNC grounds. Or take the hike yourself in their memory. We'll find lovely blooms popping up through the grass or sprouting on the forest floor. For all ages. $5 each, moms free.

Monarch Butterfly Conservation Kickoff • June 21, 1-3 p.m. • Be there at the beginning as we prepare for raising gorgeous Monarch caterpillars. This is the first step towards our Monarch Butterfly Migration Festival in September where we will tag and release butterflies ready for their journey south. Help us develop our Monarch Waystation and learn how to create your own at home with your own milkweed plant or seeds! For all ages.$10 each or $38 family.

Great American Backyard Campout • June 28, 4 p.m. through June 29, 10 a.m. • Pitch your tent with our resident raptors and critters! Be part of a nationwide event. Enjoy nature-based programs, campfires, breakfast and dinner with us, and more. For all ages, but minimum of one adult per family required. $50 family campsite.

Super Snakes • Aug. 16, 1-3 p.m. • Spend some up-close time with our legless reptile friends, the snakes! Meet some species from around the world - including your own backyard - as we explore what makes these fascinating creatures so successful and sometimes misunderstood. Through live demonstrations, we will examine snake behaviors and even witness a meal being consumed by one of our guests. For all ages. $8 each or $30 family.

Women's Health

The Ecology of Women's Health: Beyond Gynecology with Diana Quinn • June 18, 7-8:30 p.m. • We will explore the ecology of women's health in today's world, touching on the psychosocial, environmental, and spiritual factors contributing to dis-ease affecting women today. We'll discuss the incidence and implications of non-gynecologic ailments predominantly affecting women, including endocrine imbalances, anxiety and depression, and autoimmune disease. Free. Call 221-0225; drquinn@drdianaquinn.com.

Herbal Wisdom: Women's Cycles and the Transition to Menopause with Linda Diane Feldt • June 17, 7-8:30 p.m. at Crazy Wisdom Community Room • We will discuss how nourishing herbs can address problematic symptoms, as well as help your body stay strong, healthy, and balanced through the transition into menopause. Using infusions, tinctures, food, and more, you can start with remedies that are safe, inexpensive, common, and simple. We will also discuss how to decide if you need more help or even drugs. Free. To pre-register, call Karen at 212-0010; outreach@peoplesfood.coop or peoplesfood.coop.

Sue Webster McDonald *and* Idelle Hammond-Sass ***lead Open Studio Process workshops and classes. This unique process uses art and writing to connect to our inner voice for personal and creative expression. For more information, see the Art & Craft section of the Calendar on page 81.***

WomanSafeHealth Open House with Elizabeth Shadigian, Eril Andes, and Stephanie Macey • May 12, June 11, July 14, Aug. 13; 4-5 p.m. • You are invited to meet our staff, tour the WomanSafeHealth office, and have your questions answered. Includes complimentary refreshments, alternating acupuncture and massage therapy demonstrations, and an opportunity to meet privately with practitioners. Free. Call Emma at 477-5100; info@womansafehealth.com or womansafehealth.com.

Work & Right Livelihood

Live Your Career Dream with Melanie Fuscaldo • May 23, 1-2:30 p.m. • Begin to identify your unique career dream and gifts to share with the world. Release blockages and step into a flow state. Create an action plan. $30. To reserve your space, call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Generational Diversity Awareness with Amy Palmer • May 7, 10 a.m.-2 p.m. • Currently, there are four very distinct generations working together in the workplace. This informational, interactive program will provide key information for you to better understand how people from different generations communicate and how you can easily mix generations successfully. $25, or $20 per person if two or more are from the same organization. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org/registration.

Business and Marketing Skills for Doulas (and Others!) with Patty Brennan • May 17 or Aug. 23, 8:30 a.m.-5 p.m. • Turn your passion into profit and make a living doing what you love! Come and learn skills necessary to be successfully self-employed in your birth-related or other MotherBaby service-oriented business. Learn what are the first steps, how you manage risk, set up a record keeping system, stay out of trouble with the IRS, and embrace marketing. $135 with early payment discount offered. Call Center for the Childbearing Year at 663-1523; patty@center4cby.com or center4cby.com.

> When the road is straight do not look for a detour.
>
> –Helena Kalivoda

Writing & Poetry

Crazy Wisdom Poetry Series at Crazy Wisdom Tea Room, hosted by Joe Kelty and Ed Morin • Second and Fourth Wednesdays of each month, 7-9 p.m. (except August) • Free. Call Ed at 668-7523; eacmorso@sbcglobal.net or cwpoetrycircle.tumblr.com.
Second Wednesdays, 7-9 p.m.: Poetry Workshop • All writers welcome to share and discuss their poetry and short fiction. Sign up for new participants begins at 6:45 p.m.
Fourth Wednesdays, 7-9 p.m.: Featured Reader for 50 minutes, Open Mic Reading for one hour • All writers welcome to share their own or other favorite poetry. Sign up begins at 6:45 p.m.

May 28 • Phillip Sterling • Sterling has four published poetry collections: *Abeyance* (winner of the Frank Cat Press Chapbook Award), *Quatrains*, *Significant Others*, and *Mutual Shores*. His fiction, *In Which Brief Stories Are Told*, was published by Wayne State University Press in 2011. He edited *Imported Breads: Literature of Cultural Exchange* and founded the Literature In Person Reading Series at Ferris State.

June 25 • Melba Joyce Boyd • Boyd has published nine books of poems, including *Death Dance of a Butterfly* (winner of the Michigan Notable Book Award). Distinguished Professor and Chair of Africana Studies at Wayne State, she wrote *Wrestling with the Muse: Dudley Randall and the Broadside Press* and edited *Roses and Revolutions: The Selected Writings of Dudley Randall*. She is co-editor (with M.L Leibler) of *Abandon Automobile: Detroit City Poetry*.

July 25 • M.L. Leibler • Liebler is author of 13 books, including the award winning *Wide Awake in Someone Else's Dream*. His groundbreaking working-class literacy anthology *Working Words: Punching the Clock and Kicking Out Jams* received the Michigan Library Notable Book Award. He has toured many countries with his Magic Poetry Band and other music groups. The Detroit Free Press and The Metro Times recently selected him as Best Detroit Poet.

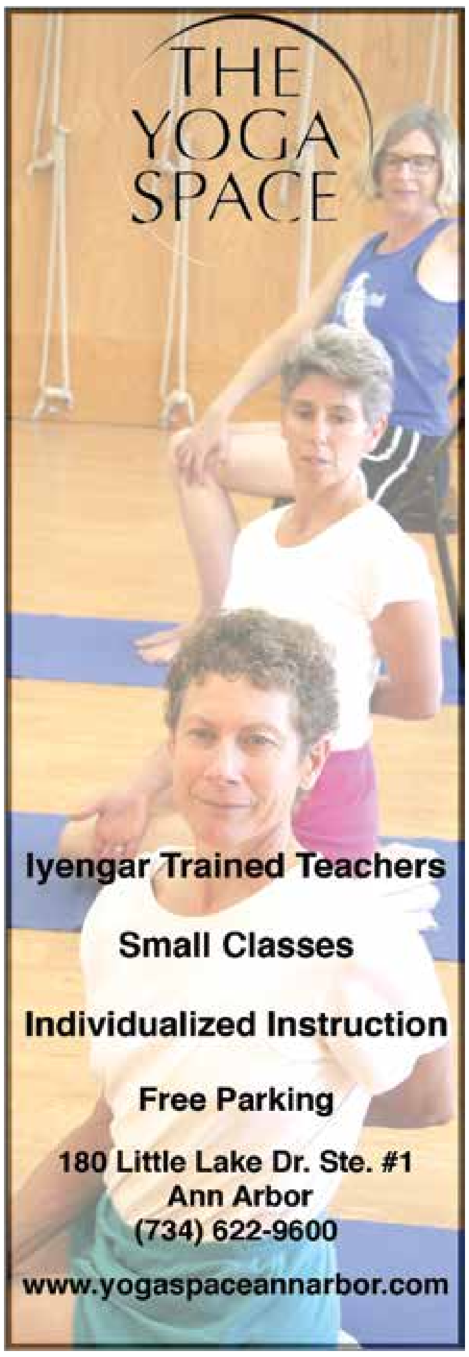
Sit-Write-Read-Talk Group with Debbie Merion • May 1, 15, 29; 7-8:30 p.m. • Bring a notebook and a fast pen, and leave your judgment at home for this group in the spirit of Natalie Goldberg's book, *Writing Down the Bones*. Room fee plus $5 donation per meeting, to be donated to a writing-related nonprofit. Call 646-5985; debbiemerion@gmail.com or debbiemerion.com.

Yoga

YogaFest 2014 with Song of the Morning Yoga Retreat • July 31-Aug. 3 • YogaFest offers individuals of all backgrounds an opportunity to embrace the universal truths and varying expressions of spirit in a four-day festival held in beautiful, natural surroundings. The event will include yoga and movement classes of all levels, group and individual meditations from various traditions, live and electronic music, a healing arts tent, workshops and hands-on projects in permaculture, children's jump-for-joy tent, and local vendors to support creative crafts, healthy living, delicious vegetarian food, and more! Join us for this uplifting outdoor weekend festival as we create an ever-growing community together. $140 weekend pass. Call Ashtar at 989-983-4107; yogafest@songofthemorning.org or yogafestmi.com.

Yoga Classes with Michele Bond of Yoga House • $14 if registered or $18 drop-in with permission. Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.
Open Level Yoga • Sundays 7:30-9 p.m., Thursdays 6:00-7:30 p.m., Saturdays 10-11:30 a.m. • Each student is encouraged to honor their own unique abilities and limitations in this mixed level class, with variations offered for all levels. Our method blends the science of biomechanics with an openhearted, uplifting philosophy. Learn to look for the good in yourself and others as you enjoy a dynamic practice.
Yoga Essentials • Tuesdays, 6-7:30 p.m. • For those new to yoga or new to this system. Learn universal principles of alignment, which are an invaluable aid to learning the postures, deepening your understanding of the body, and developing a yoga practice that is safe, joyful, therapeutic, and fun!
The Practice • Wednesdays 6-7:30 p.m. • Great for athletes or anyone looking for a strong practice. Enjoy increasing core strength, enhancing flexibility, agility, balance, and mental focus with this fun, energetic practice. Allow Anusara's alignment principles to open the door to peak performance in sports and all areas of your life.
Rise and Shine Yoga • Fridays 7-8:15 a.m. • We begin by candlelight, watch the sun rise over the treetops, and end in the full light of the new day. Enjoy a mixed level practice to start the day in the most auspicious way.
Yoga Happy Hour: Basics plus Restorative • Fridays 5:45-6:45 p.m. • Learn basic alignment, simple postures, and breath, along with some delicious restoratives. Feel your stress melt away as you relax by candlelight in our peaceful setting, surrounded by the inspiration of nature. $11 if registered or $13 drop-in with permission.

Yoga with Erica Dutton • Wednesdays, 10:30-Noon • Iyengar based asanas focus on flexibility, gentleness, and strength. Beginners welcome. No registration necessary to this drop-in class. By donation. Call Deep Spring Center at 477-5848; info@deepspring.org or deepspring.org.



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The Crazy Wisdom Calendar

Yoga (continued)

Gentle Yoga with Robin Goldberg of Gyrotonic Tree Town and Pilates Loft Studio • Tuesdays afternoons and evenings starting May 6 • This class enables everyone to experience the mental and physical benefits of yoga by blending influences from Hatha, Yin, and Restorative yoga. It includes poses modified for your individual needs as well as stretches and breathing exercises to help you incorporate balance and mindfulness into daily life. Everyone is welcome. $18-$20 depending on package. For times, call Robin at 274-9482; robinlily@outlook.com or gyrotonictreetown.com.

Kundalini Yoga with Billie Wahlen • Fridays, 6-7:15 p.m. • Kundalini yoga as taught by Yogi Bhajan includes the practice of sound, breath, meditation, and movement. Awaken yourself to your sat nam or true identity. Beginners welcome. This will be an introductory class with many basics of yoga taught. $15. Call 276-6520; starbillie@gmail.com.

Spiritual Talk, Pure Meditation, and Silent Prayer with Self Realization Meditation Healing Centre • Sundays, 7 p.m. • We welcome everyone of all faiths, meditation practices, and traditions to join us as we listen to one of Mata Yogananda Mahasaya Dharmaji's recorded inspiring talks, followed by pure meditation and silent prayer, with winged prayer - for all in need at 9 p.m. Stay as long as you wish. Free. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Relaxing Yoga Morning with Self Realization Meditation Healing Centre • June 28, 10:15 a.m.-1:30 p.m. • This morning includes a relaxing transformation Hatha yoga class for all levels and abilities, a delicious home cooked vegetarian lunch, and refreshments. An optional pure meditation foundation class is offered in the afternoon. $35 with lunch and refreshments. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Monthly Partner, Acro, and Thai Yoga Playshop with Tatianah Thunberg and Connor Otto • May 24, 10:30 a.m.-12:30 p.m. or June 10, July 8, Aug. 12, 6:30-8:30 p.m. • Explore the art of giving while receiving and receiving while giving. Warm and stretch muscles, release emotional tensions, and connect with another practitioner in a safe and playful integrated flow of a partner, acro, and Thai yoga massage. Arrive solo or with a partner. No experience necessary. $25 or $20 pre-registered. Call Tatianah at 904-3035; spiritmovesyoga@gmail.com or spiritmoves.us/yoga.

Kripalu Yoga: Compassionate Presence with Tatianah Thunberg • May 5-Aug. 25: Mondays, 5:15-6:30 p.m. • Open your heart to a practice founded in compassion and loving kindness. Explore the fullness of Hatha yoga in the Kripalu tradition through contemplative postures, breath regulation, mudra, mantra, metta, sound healing, meditation, yoga nidra, and self-inquiry. $15 drop-in or $200 for the series. Call 904-3035; spiritmovesyoga@gmail.com or spiritmoves.us/yoga.

Yoga Classes at The Yoga Space with Sue Salaniuk, Sally Rutzky, Pam Lindberg, and Alicia Rowe • Daytime, Evening, and Saturday Classes offered; May-June 30 and July 7-Aug. 15 • Classes include yoga poses, breathing, and meditation and accommodates the needs of individual students. Classes available for beginners and experienced students. $112 for 90 minute class per week. For complete class schedule, call Sue 622-9600; sue@yogaspaceannarbor.com or yogaspaceannarbor.com.

Yoga Workshop with Pam Lindberg and Alicia Rowe • July 11-13 • This weekend workshop will provide a chance for a submersion in yoga without having to travel away from home. Four classes will be offered either as a package or as individual classes with the instructors alternating teaching and assisting. Six months yoga experience required. For times and cost, call Sue 622-9600; sue@yogaspaceannarbor.com or yogaspaceannarbor.com.

Yoga Focus Classes • June 1, 2-4 p.m. with Alicia Rowe and June 13, 6-7:30 p.m. with Pam Lindberg • June 1 will use sandbags and weights in your practice to help you relax, release, and learn to let go in the correct places. June 13 is a restorative yoga class to help reduce fatigue, lessen stress, and get rid of anxiety. $20 each. Six months yoga experience required. Call Sue 622-9600; sue@yogaspaceannarbor.com or yogaspaceannarbor.com.

Ann Arbor School of Yoga Iyengar Method with Laurie Blakeney • Ongoing classes • Classes are available for all level students, as well as target theme classes taught by certified Iyengar yoga method teachers. For cost, call 663-7612; aasyoffice@gmail.com or annarborschoolofyoga.com.

Iyengar Yoga Classes with Karen Husby-Coupland at Harmony Yoga • Morning and evening classes offered • Morning and evening classes offered • Alignment-based Iyengar yoga classes will help you safely develop strength and flexibility while giving a greater sense of overall health and well being. Classes are for beginning and more experienced students, as well as Gentle Yoga. $17 for each class; $11-$13 per class if you register for a full session. Call 222-9088; karen@harmonyyogaannarbor.com or harmonyyogaannarbor.com.

Inward Bound Yoga at Friends Meetinghouse • Spring session: May 5-June 30 • Since 1995, Inward Bound has offered a variety of approaches to the ancient discipline of yoga, including several levels of Hatha yoga instruction, Prenatal and Postnatal Yoga, Ashtanga Yoga, and several flow classes coordinated with music. For cost and more details, contact Martha at marthalaatsch@gmail.com or ibyoga.com.

Yoga Classes at Zen Buddhist Temple • Beginning and experienced students in the classes learn traditional (Hatha) yoga postures with an emphasis on relaxation, concentration, and working with the breath. The instructors were trained by the Sivananda Yoga Organization and combine that experience with meditation training. Classes fill early. $60/6 sessions or $12 drop-in. Call 761-6520; annarbor@zenbuddhisttemple.org.
Yoga I • Six Tuesdays starting June 3 or July 15; 6-7:30 p.m.
Yoga II • Six Tuesdays starting June 3 or July 15; 6:30-8 p.m.

Iyengar Yoga Classes with Karen Ufer of Yoga Focus • April 14-June 14 • Monday through Saturday, day and evening classes offered for all levels of experience as well as Prenatal and Gentle classes. $15 per class if registered for a full session; $18 drop-in or $10 trial. Call 668-7730; info@yogafocusannarbor.com or yogafocusannarbor.com.

Iyengar Yoga Classes with David Rosenberg • Experience invigorating yoga postures using the methods of BKS Iyengar to strengthen the body, create a feeling of well-being, reduce stress, and release tension through physical activity and meditation. The use of yoga props and individualized teaching are emphasized so students of varying experience, age, flexibility, and strength can participate together. $89 for seven weeks. Call 662-6282; massage4@aol.com or aareced.com.
Mondays: April 21-June 9 or June 16-Aug. 4, 6-7:30 p.m.
Thursdays: April 24-June 5 or June 19-Aug. 7, 7-8:30 p.m.
Saturdays: April 26-June 7 or June 21-Aug. 9, 10-11:30 a.m.

Yoga Classes at The Yoga Room with Christy DeBurton • Offering a relaxed and intimate atmosphere where your mind, body, and spirit will be nurtured and nourished. As a local neighborhood alternative to commercial yoga studios and gyms, here you will find the peaceful tranquility that only a private space can offer. The classes encompass the physical, mental, and emotional aspects of yoga practice. For cost, call 761-8409; info@christydeburton.com or yogaroomannarbor.com.
Monday: 4:30-5:30 p.m. • Hatha; 5:45-6:45 p.m. • Vinyasa; 7-8:15 p.m. • Yin
Tuesday: 9:30-10:45 a.m. • Hatha; 5:45-6:45 p.m. • Vinyasa; 7-8:15 p.m. • Energy Flow
Thursday: 4:30-5:30 p.m. • Hatha; 6-7:15 p.m. • Vinyasa
Saturday: 8:30-9:45 a.m. • Vinyasa; 10-11 a.m. • Hatha

Bikram Yoga Classes • Morning, afternoon, and evening classes offered • Bikram Yoga is practiced in a 105 degree room. Be prepared to sweat! All class times are good for beginners. Call Lora Rosenbaum at 975-0505; bikramyogaa2@gmail.com or bikramyogaannarbor.com.

Yoga Classes through University of Michigan • Various class times offered • Classes include yoga flow and restore, yoga for back care, yogilates, power yoga, laughter yoga, and chair yoga. All levels welcome. Call 647-7888; mhealthy@umich.edu or mhealthy.umich.edu/exercise.

Teachers, Lecturers, Workshop Leaders, and the Centers

Aaron "is a spirit who has been a Buddhist monk and scholar in many previous lifetimes and is a being of great love, compassion, wisdom, and gentle humor. In his final lifetime, he was a Vipassana meditation master in the Theravadin tradition" and is channeled through Barbara Brodsky.

Fadia Abdouni is an intuitive, healthcare provider, and personal life coach who studies metaphysics.

Linda Adamcz, MSW, Certified Practitioner of Integrative Breathwork, is an individual therapist and group facilitator in the mental health field for over 25 years.

Nia-Avelina Aguirre, ND, is a board certified naturopathic doctor with a bachelor's of science degree in exercise science and sports medicine. She has more than 30 years experience with certifications in bodywork, energy therapies, and herbalism.

Erik Anderson, LLMSW, is a Dawn Farm Outpatient Therapist.

Ann Arbor Storytellers' Guild is composed of artists, musicians, teachers, librarians, and others who gather monthly to share stories and develop the craft of storytelling.

Arts in Motion is a non-competitive dance studio that offers dance classes for all ages and levels in Ballet, Modern, Jazz, Hip Hop, Tap, Irish, Improvisation, Pilates, and Ballroom.

Marliesa Back is an intuitive, animal communicator, and Reiki master who has been offering sessions and classes for over 15 years.

Marcia Bailey, MA, PhD, has taught yoga since 1999 as a certified Phoenix Rising Yoga Therapy Practitioner and Kripalu Yoga Teacher, and has taught connected breathing for over 30 years.

Jim Balmer is President of Dawn Farm.

Gregory Beck, an ordained teacher, has practiced the Diamond Approach for over 20 years and has taught for eight years in California, Europe, and Michigan. He lives in the Bay area.

Deanne Bednar is coordinator and instructor of the Strawbale Studio Natural Building and Sustainable Skills Program, and has been natural building since 1996. She is also illustrator of the Hand-Sculpted House and two other natural building books.

Carol Bennington, PhD, Bach Foundation Registered Practitioner, is one of a dozen US instructors for the Bach International Education Program, whose courses are approved by the Bach Centre, UK. She has spent two decades as a practitioner, instructor, author, and speaker.

Bilha Birman-Rivlin and **Karen Mori** have completed their teacher training at Deep Spring Center and have taught classes through Ann Arbor Rec and Ed and Deep Spring.

Laurie Blakeney teaches locally and abroad, and holds an Advanced Teaching Certificate granted to her directly from BKS Iyengar.

Chrissie Blaze is a spiritual teacher and author of nine published books who has studied and taught metaphysics for over 25 years.

Carol Blotter has a meditation practice with dual roots in the Quaker and Buddhist traditions and has been teaching since 1999. She is a teacher for the Forest Way, an organization dedicated to providing retreat opportunities conducive to spiritual growth.

Michele Bond has over 700 hours of training in yoga and yoga therapeutics, and studies meditation with Dr. Paul Muller-Ortega. She has a background in martial arts, dance, competitive synchronized swimming, gymnastics, stunt fighting, and swordplay.

Estela Boudreau is an experienced sculptor and spiritual director.

Patty Brennan, Director of Center for the Childbearing Year, has advocated for 30 years as a childbirth educator, doula trainer, midwife, and nonprofit executive. She is a DONA International-approved birth and postpartum doula trainer and author, and founded Michigan Doula Connection, a web-based nonprofit linking volunteer doulas with low-income families.

Barbara Brodsky is founding teacher of Deep Spring Center, has practiced meditation since 1960, and teaching since 1989. Her teaching draws from dual roots in Buddhist and Quaker traditions. She became totally deaf in 1972, and is a channel for the spirit, Aaron.

Breastfeeding Center of Ann Arbor, LLC, offers comprehensive and professional support services for breastfeeding mothers and babies.

Anna Byberg, LMSW, CADC, is Program Coordinator for Dawn Farm Spera Recovery Center and **Aaron Suganuma**, BSW, is a Dawn Farm Residential Therapist.

Kimberly Cardeccia, MA, LPC, has had an equine assisted counseling practice since 2007, where she helps clients unlock their hidden promise with the guidance and support of horses.

Marianne Carduner has been practicing energy healing since 1992 and is a Reiki master and teacher.

Kapila Castoldi is a student of spiritual teacher Sri Chinmoy and has studied and practiced meditation for over 28 years.

Center for the Childbearing Year is Michigan's premier DONA doula training center and childbirth preparation and parenting community offering comprehensive online childbirth preparation, hosted by Patty Brennan, in addition to community-based education.

Karen Chalmer has been teaching plant studies for over 20 years.

Chiwara Permaculture teachers include Nate Ayers and Jesse Tack.

Carl Christensen, MD, PhD, specializes in treatment of chronic pain and addiction, especially in pregnant women.

Mother Clare is an international speaker, author, Christian mystic, and director of Centers of Light in U.S. and Canada.

Paulette Grotrian ***is a registered mindfulness-based stress reduction teacher. For more information about classes she's offering, see the Meditation section of the Calendar on page 94.***

Lori Coburn, MSW, is the author of Breaking Free: How Forgiveness and A Course in Miracles Can Set You Free.

Rowena Conahan has a Bachelor's in Anthropology, and is a certified Montessori teacher and professional storyteller. She attended Tom Brown's Tracker School in New Jersey, Wilderness Awareness School's Art of Mentoring class, and Kamana Naturalist Training Program.

Rev. Donald Cozzens is a writer in residence and adjunct professor of theology at John Carroll Univ. He is an author of numerous books, including the recent Notes from the Underground: The Spiritual Journal of a Secular Priest.

Dawn Farm is a non-profit organization that provides a continuum of services for people who struggle with drug and alcohol problems.

Deep Spring Center for Meditation and Spiritual Inquiry is a non-profit organization devoted to offering teachings of non-duality and the meditation practices which support those teachings. Barbara Brodsky is the founder and guiding teacher.

Scott De Tamble, CHt, is a clinical Hypnotherapist in southern California specializing in Past Life Regression and Life Between Lives Spiritual Regression. He is contributing author to the book, Memories of the Afterlife.

Pat Dewey, OP, holds a master's degree in theology and a certificate in spiritual direction. **Joan Ebbitt**, LMSW, is a spiritual director and licensed social worker. **Therese Haggerty**, OP, is a certified spiritual director. **Trudy McSorely** has been trained in the Internship Program for Spiritual Direction.

Chas DiCapua has taught insight meditation since 2001 and is Resident Teacher at Insight Meditation Society in Barre, MA.

The background information listed here pertains specifically to individuals and centers whose classes and workshops and events are listed in this current issue of the Crazy Wisdom Calendar. If you are a holistic/spiritual/psychological growth practitioner in the area, but you don't regularly lead classes or workshops, you can still be listed for free in our Holistic Resource Guide on the Web. Go to AnnArborHolistic.com.

Teachers, Lecturers, Workshop Leaders, and the Centers

Kate Durda, MA, is a shamanic practitioner, esoteric healer, published researcher, developmental psychologist, and co-founder of Spirit Weavers. She has extensive training with the Foundation for Shamanic Studies, Sandra Ingerman, and various cultural shamanic traditions such as Tibetan, Andean, Celtic, and Buryatan shamanism and various Native American traditions.

Erica Dutton began her meditation practice ten years ago and has been teaching for three years. She started meditation to deal with a crisis in her life and has continued because of what it has offered her.

Joan Ebbitt, LMSW, is a spiritual director and licensed clinical social worker who specializes in ministering to religious, clergy, and others in their quests for experiencing the divine.

Connie Lee Eiland has been a shamanic practitioner since 2000 and has studied extensively with Sandra Ingerman and Betsy Bergstrom.

Anne Elder and **Paul Bantle** have 23 years of experience in farming and run Community Farm of Ann Arbor, a vibrant CSA located in Chelsea.

Laurel Emrys is a longtime musician, recording artist, counselor, piano tuner, and brainwave coach, developing healing-sound modalities since 1982.

Andrea Evans has a degree in International Relations, minoring in Gender Studies. She co-created Sophia Unfolds with her mother, Mara Evans.

Mara Evans is a transpersonal psychologist certified to teach Realization Process embodiment and subtle self work. She has been teaching workshops in the transformative arts for 15 years.

Marjorie Farnsworth is a certified Master Clinical Hypnotherapist with a practice in Ann Arbor. She teaches group hypnotherapy classes and is working on a PhD in Transpersonal Psychology.

Linda Diane Feldt, a student of the healing arts since 1973, has taught herbal classes locally for over 30 years.

Catherine Fischer is a doula and parent support professional, teaching parenting classes in Ann Arbor inspired by Hand in Hand Parenting. Her business is Support for Growing Families.

Lori Fithian is founder and creator of Drummunity and has been facilitating drum circles and rhythm workshops since 1998. A student of drumming tradition for 20 years, her teachers include Arthur Hull and Barry Bateman, and has made a career out of her passion for building community by bringing people together to drum.

Marcella Fox, MS, LLSMW, EdS, has a Limited License in Social Work with a Master's in Social Work in Mental Health for Adults from the Univ. of MI. She has experience working with trauma, depression, and grief.

John Friedlander is a psychic, author, and teacher with degrees from Duke and Harvard Law. He has studied with Jane Roberts and at the Berkeley Psychic Institute with founder Lewis Bostwick. His newest and third book, with Gloria Hemsher, is Psychic Psychology: Energy Skills for Life and Relationships.

Melanie Fuscaldo, MA, LPC, NCC, is a counselor and life coach specializing in career, life, and spiritual transformations.

Georgie Galante has been teaching and working in polymer clay and metal clay for over a decade.

Judith Garten is a teacher of psychological and metaphysical discipline based on Pathwork lectures and is a workshop and retreat leader.

Annette Gates, Sexologist and creator of Natural Sexual Reprogramming Technique for Relationship and Sex Coaching, offers private sessions, lectures, workshops, and retreats.

Gelek Rimpoche is founder and spiritual director of Jewel Heart. Among the last generation of incarnate lamas tutored by the great masters in Old Tibet, Rimpoche's command of western culture allows him to convey the Tibetan Buddhist tradition with wisdom, kindness, and wit.

Robin Goldberg earned her Hatha Yoga teaching certification in 2010, and has completed additional trainings in Street Yoga, Laughter Yoga, and Therapeutic Yoga.

Karen Greenberg has been a teacher of personal growth and Kabbalah for over a decade. She has a degree in Physical Therapy and has danced professionally.

Karla Groesbeck and staff of Good EnerChi Studio and Staggerin' Dragon School of Tai Chi are certified Tai Chi instructors with 15-40 years experience, and have extensive traning in yang form solo, two-person, and weapons.

Abbe Grossman, MA, CPT, is a Certified Embodied Pulse Therapist and teacher at Sensology Institute, offers Sensology healing sessions, and has served the community for 20 years.

> There is a voice that doesn't use words. Listen.
>
> —Rumi

Paulette Grotrian is a registered Mindfulness-Based Stress Reduction instructor, trained at the Univ. of MA Medical School. She teaches mindfulness meditation in Ann Arbor.

David Hall has been a facilitator and teacher of meditation and consciousness for 20 years.

Idelle Hammond-Sass is a custom jeweler, instructor, and artist who enjoys working in multiple media. She trained at Open Studio Project in Evanston, IL.

Nirmala Nancy Hanke, MD, is a long time meditator and teacher of meditation at Lighthouse Center. She is a psychiatrist and therapist who integrates meditation, Reiki healing, and other spiritual practices with psychotherapy.

Su Hansen, MA, LLP, is a certified Enneagram teacher in the narrative tradition, psychotherapist, spiritual advisor, relationship coach, and workshop leader.

Elizabeth Hazel and **Nancy Bahlman** are SMART Board Members and have given numerous lectures during their combined 70 years of experience in astrology.

Heritage of Healing is a nonprofit dedicated to wellness education and support to families experiencing cancers or other chronic illness.

Sierra Hillebrand's work at Hygeia Center for Healing Arts draws on over 15 years of professional experience supporting individuals and families in their efforts to live healthy, joyful, fulfilling lives.

Beth Ann Hubrecht is the owner of Kindness Clinic and is a Reiki teacher.

Sara Hughes-Zabawa, LLMSW, RYT, is a registered yoga instructor and master's level social worker devoted to a holistic yoga practice that addresses mind, body, and spirit.

Karen Husby-Coupland is a certified Iyengar Yoga teacher who has been practicing yoga for 20 years and teaching for 15 years.

Hygeia Center for Healing Arts is a community-based wellness center located in Ann Arbor dedicated to providing holistic healthcare and health education to people from all walks of life.

Jewel Heart was founded by Gelek Rimpoche and is dedicated to the preservation of Tibetan Buddhism and to bringing the practice of this rich tradition within the context of contemporary life to everyone.

Joe Kelty is a poet and former teacher of English and Biology at area community colleges.

Kelly Kempter, LMT, is a graduate of Irene's Myomassology Institute with advanced training and practice in Thai Massage and Shiatsu.

Esther Kennedy, OP, MSW, is a spiritual director and clinical social worker who has provided spiritual direction for over 30 years.

Rosemarie Kieffer, OP, was pastoral associate for 17 years and part of a retreat team for six years. **Anneliese Sinnott**, OP, taught in the Pastoral Ministry Program at Marygrove College for 20 years.

Shala Kilmer has been an intuition coach, trainer, and reader since 1991.

Carole Kirby, LMSW, is a long-time therapist working with couples, individuals, and families.

Arlene Kosmatka, OP, is involved in the ministry of spiritual direction and retreat work.

Dave Krajovic and **Pat Krajovic** founded Body Works Healing Center in Plymouth, the Global Breath Institute, and Ascension Breathwork. They have advanced training in a wide array of healing techniques, esoteric teachings, and breath mastery.

Karen Krauss and **John Ardagh** have both been teachers of the Sweet Medicine Sundance Path for over 25 years.

Lucinda Kurtz, RCST, CMT, has helped clients since 1995 through her practice in Biodynamic Craniosacral Therapy, energy work, Polarity Therapy, and therapeutic massage.

Lani Kwon, MA, founded Creating CoPOWERment Center LLC in Ann Arbor in 2005. She offers international clients tools for life re-design in Honolulu, HI and is a Newfield Network graduate.

Lamaze Family Center Ann Arbor empowers, educates, and supports families from pregnancy to preschool.

Deborah Larrimore, RN, LMBT, with a BSN in Healing Arts, has 15 years of critical care nursing experience and five years as Nurse Educator for Hospice, Winston-Salem, NC.

Leslie Science & Nature Center is a nonprofit organization that provides environmental education programs for children, families and other individuals in southeast Michigan. LSNC's grounds with live raptor enclosures, a Critter House, and wooded hiking trails are open and free to the public every day.

Frank Levey is a certified breathwork facilitator and has been helping people explore their fullest potential through the breath for over eight years. He is also a meditation instructor and wilderness skills educator.

Lighthouse Center, Inc. in Whitmore Lake is a center for spiritual development founded by Chetana Catherine Florida in 1979. Open to all pathways, the Center is guided by Jain Master Gurudev Shree Chitrabhanuji and embraces Ahimsa, non-violence towards all beings.

Pam Lindberg is an Introductory Level II Certified Iyengar Teacher with nine years teaching experience.

QUESTIONS FOR JOHN RASMUSSEN

Raw Food Chef and Personal Health Coach

Interview by Julianne Popovec

Q. Please describe your mission as a raw food chef.
A. My passion is to inspire men and women to take charge of their lives, learn to control diabetes, and begin feeling really good! I inspire clients to go outside their comfort zone beyond a vegetarian lifestyle of coffee, soy, wheat, and problem grains to a plant based lifestyle of green smoothies, energy soup, fresh fruit, greens for calcium, beans for protein, soaked nuts, and sprouted seeds. Raw chocolate is fine, but animal food and fat must go. I like to convert traditional recipes to healthy, tasty treats.

My passion is to inspire men and women to take charge of their lives, learn to control diabetes, and begin feeling really good!

Q. In your classes, you often demonstrate the process of "uncooking" food. How do you go about this?
A. Cooking or baking food at higher than 115 degrees destroys vitamins and enzymes. I start with traditional cooked food recipes and remove the ingredients that require baking — dairy, wheat, and eggs — and substitute dates, nuts, plus cacao to make "no bake brownies" or "no bake sweet potato pie" from sweet potatoes, dates, and pecans. To me, "raw food" is fresh fruits, veggies, seeds, and nuts that can be easily prepared by using a knife, blender, and food processor. No microwaved foods. Hippocrates, the father of medicine, was right when he said, "The natural healing force within each one of us is the greatest force in getting well. Our food should be our medicine. Our medicine should be our food." Foods we eat can be a healing force. This is just as valid today.

Q. Where do you offer classes?
A. I offer raw food classes at Crazy Wisdom Bookstore, Quaker House (Ann Arbor Friends Meeting House), Charlie's Natural Foods in Frankfort, Michigan, as well as retreat events from "A Walk on the Beach" in South Haven, Michigan, to the "January-in-Jamaica" retreat.

Q. What inspired you to become a raw food chef?
A. When Karyn's Raw Café in Chicago offered a chef class, I signed up and began making smoothies and chocolate desserts at home. I was inspired by nutrition training and learning. I also had 17 food allergies (coffee, milk, cheese, and gluten, to name a few), so I had to change my diet, and I became a chef. I earned a Raw Chef II certification from the Creative Health Institute and a nutrition certification from nutrition expert Andrea McNinch.

Q. Tell us about some of the places you've traveled and how traveling changed your view of the American diet.
A. My journeys led me to 12 countries. I lived on local native foods in Asia, Europe, North and South America, New Zealand, and the Caribbean. The Standard American Diet (SAD) is rich in calories but deficient in nutrition. When we leave traditional native foods behind, we are much more likely to become sick.

Q. It's remarkable that you began to change your lifestyle at age 47 and then went on to complete the Alaska marathon at age 59. Please tell us about that experience.
A. Having surgery to remove enlarged parathyroid glands at 47 was a wake-up call to change my lifestyle. Instead of pills, a raw food and living foods lifestyle helped me recover. I gained energy and lost 40 pounds.

Foods we eat can be a healing force.

An experience I had at the Tampa Bay Marathon inspired me to enter the Alaska marathon. At the time, my best running distance was 5 km or 10 km. In the Tampa Bay race, I was ready to stop at mile 6 until I met a runner training for the Special Olympics. I learned that the first-time runner was recovering from a prior accident. We inspired each other and both ran (and walked) to the mile 16 mark. Walking back to Ybor City after the marathon, I picked up an 8-by-10-inch piece of cardboard. Written in pen, it says, "Mile 6 Tampa Bay Marathon." This sign is now on my wall as a reminder not to quit too soon.

I then joined the Team in Training Program of the America Leukemia Association and trained for the Alaska Midnight Sun Marathon as a walker rather than a runner. On marathon day, I started slow. Some flew by me. At the finish I passed a runner. It felt good to finish the Alaska Marathon. No injuries. No pain. I was 59 at the time, but I felt like 39! I took my time. I finished.

The Standard American Diet (SAD) is rich in calories but deficient in nutrition. When we leave traditional native foods behind, we are much more likely to become sick.

Q. What might you eat for breakfast, lunch, and dinner on a typical day?
A. A green smoothie with fresh fruit and kale for breakfast and a salad with fruit and raw nuts for lunch. I also like fresh salsa or crisp veggies with hummus, steamed quinoa or sweet potatoes, (cooked) beans and greens, corn bread, and dessert treats.

Q. How have you seen better food choices affect others in a positive way?
A. For one woman, we found that skipping breakfast led her to gain weight because she would then eat late into the night. Skipping meals activates "survival genes" to store food, which leads to weight gain. Weight loss is sustainable with a healthy lifestyle. For her, a consistent breakfast of apple, cinnamon, walnuts, and oatmeal led to weight loss. Another man with Type II diabetes attended my Diabetes Prevention classes, which helped him significantly. Eating animal fats and dairy blocked his uptake of insulin for Type II diabetes. Plant based foods for breakfast, lunch, and dinner let him feel great, have more energy, and shed weight. His doctor reduced his medications.

Chef John is a graduate of the University of Michigan School of Business Administration. He offers classes at Crazy Wisdom Bookstore as well as in Jamaica, where he reintroduces traditional foods as a retreat chef. For more information, visit January-in-jamaica.com or happyrawfood.com. Contact Chef John at rawfoodchef.john@gmail.com or at (734) 635-1598.

GREEN SMOOTHIE RECIPE

1 apple, quartered
1 orange with pulp
1 handful of spinach
1 ripe organic banana
1/2 lime, juiced
1/2 avocado

Add 2 cups filtered water
Blend slow/high for 1 minute
Serve with 1/2 lime, sliced
Fills two tall glasses

Teachers, Lecturers, Workshop Leaders, and the Centers

Ellen Livingston studied Raw Nutritional Science with Dr. Doug Graham and Professor Rozalind Gruben Graham, and has more than 20 years of independent research on health and nutrition. She teaches yoga and raw food classes in the community and from her home and yurt in Ann Arbor, and offers life coaching.

Ram Mahalingam held many different jobs before he decided on a career as a psychologist. He is currently an Associate Professor at the Univ. of MI in the Personality and Social Contexts program.

Claire Maitre has trained with deep ecologist and engaged Buddhist, Joanna Macy.

Debbie Mast and **Brian Obrecht** are apprentices to a native shamanic tradition with 25 years experience leading ceremonies for groups and individuals.

Chris McClellan has a background in cob, rocket stove, and natural building, and is a lecturer on code issues.

Barb McConnell, LPN, is a Certified Healing Touch Practitioner and Instructor for Levels 1, 2, 3, and 4 with over 30 years experience in clinical, industrial nursing and industrial management.

> Find some quiet, private time. Allow yourself to slow down and relax. Find nature, meditate, or do nothing. Take a mental break. You'll gain the benefits of a quiet mind.
>
> —Tom Giaquinto

Sue McDonald is an artist and retired therapist, and facilitated many Art as a Way of Knowing groups.

Debbie Merion, MSW, MFA, is an author, writing coach, and publisher with over 100 publications and a bookcase full of scribbled journals. She studied with and assisted Natalie Goldberg at silent writing retreats in Taos, NM for 12 years.

Michigan Tai Chi Association has provided Tai Chi classes in Southeast Michigan for over 20 years.

Diane Miller has been performing and teaching aerial silks for two years, and enjoys fire dance, hand balancing, sword fighting, and song writing.

Kathleen Moore is a Certified Teacher of mind-body awareness Alexander Technique, a therapist, singer-songwriter, and voice and music teacher.

Ed Morin is a poet and former English teacher at area universities and colleges.

Photographers Wanted

To take pictures for *The Crazy Wisdom Community Journal*. Moderate pay, wonderful exposure.
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For more information, contact Bill Zirinsky at bill@crazywisdom.net.

Nan Moss is Foundation for Shamanic Studies Faculty and is author of Weather Shamanism: Harmonizing Our Connection with the Elements.

Robert Moss is the creator and author of Active Dreaming, an original synthesis of shamanism and dreamwork. He is a seminar leader and author of seven books, including Conscious Dreaming, The Secret History of Dreaming, and The Boy Who Died and Came Back.

Brenda Murphy is an experienced family law attorney.

Rebecca Abel is an experienced divorce financial planner. **Judith Margerum** is an experienced therapist.

Irena Nagler is a performer and director with Nightfire Dance Theater, Storydance, and Polyfonica Duo. She teaches environmental dance and facilitates dream circles.

Winnie Nazarko is a highly experienced meditator and teacher, trained in the Western Vipassana tradition.

Melissa Neill, RN, obtained her degree from the Univ. of Stellenbosch (S. Africa), and is a Certified Childbirth Educator, trained Birth Doula, Infant Massage instructor, and Certified Lactation Educator.

Lisa Nogueira is a massage therapist at Tranquil Being where she uses a unique bodywork style that incorporates sound, vibration, and energy into her healing sessions.

John Orr is a former Theravadin Buddhist monk who spent eight years in monastic training in Thailand and India. He has taught meditation since 1979.

Christina Ott is a natural builder and teacher, trained by the Cob Cottage Co. She leads workshops on her land in TN.

Connor Otto is an international traveling circus performer and dedicated movement teacher, focusing on physical communication, play, and heart centered practice. He specializes in stilts, acrobatics, fire dancing, and juggling.

Glenn Pailthorp, CHT, is a clairvoyant reader, healer, and counselor with a background in shamanism, hypnotherapy, NLP, and psychic development.

Amy Palmer is Executive Director of Lenawee United Way in Adrian and received her MA from Spring Arbor University, writing her Masters thesis on Generational Diversity.

Milagros Paredes is a healing artist who has been practicing Shiatsu in Chelsea and Ann Arbor for over 15 years.

Sifu Genie Parker has trained and taught Wu Style tai chi chuan for over 20 years. She is a disciple of Grandmaster Eddie Wu Kwong Yu, head of the fifth generation of the Wu family and gatekeeper of the Wu style.

Felix Paulick, MSW, MBA, is a clinical social worker and life coach specializing in helping men with depression, anxiety, addiction, and relationship issues.

Quest Martial Arts is a community-based school that's been holding fun and exciting classes for more than 16 years.

Diana Quinn, ND, is a licensed naturopathic doctor specializing in integrative mental health, endocrinology, and women's health. **Abby Humphrey**, MAc, has been practicing acupuncture in Ann Arbor for over 12 years.

Judy Ramsey is a professional animal communicator and counselor who also provides shamanic healing for animals. She has been mentored by Penelope Smith and Teresa Wagner.

Diane Ratkovich, **Bill Smith**, and **Constance Pearson-Ramirez** have more than 30 years experience in real estate.

> Anxiety is the handmaiden of creativity.
>
> — T. S. Eliot

Carole Ray and **Pat Perkins** are astrologers from the Lansing area.

Deb Rhizal is an active local birth doula and childbirth educator.

Kathleen Riley, ACCP, DEH, WHEE, is an energy medicine practitioner and author of What You Feel is Real and Everyday Miracles.

Ringstar Studio is a physical arts studio in south Ann Arbor providing classes, workshops, and room to move for artists of all kinds.

Joel Robbins, Dipl OM, has been practicing Taichi, herbal medicine, and Chinese healing arts since the early 1990s and has taught since 2004. He is a certified Taichi, Bagua, and Qigong instructor, and a registered acupuncturist in the state of MI.

Barbara Robertson is the director and owner of The Breastfeeding Center of Ann Arbor. She is a board-certified lactation consultant and breastfeeding educator.

David Rosenberg has been teaching Iyengar yoga since 1993 and traveled to Pune, India in 1996 to study at the Ramamani Iyengar Memorial Yoga Institute.

Alicia Rowe is an Introductory II Certified Iyengar Teacher with 12 years teaching experience.

Shannon Roznay is a Chiropractor that focuses on healing the body with nutrition, using a technique called Nutrition Response Testing to pinpoint what organs need nutritional support.

Jonathan Rudinger, RN, LMT, and founder of PetMassage, has worked in the canine massage areas since the mid-1990's. He facilitates workshops and home study courses.

The Rudolf Steiner Health Center was established in 2003 as a treatment, training, and research center based on the anthroposophical worldview.

Merilynne Rush, natural death care educator, was a midwife and hospice nurse. **Diana Cramer**, a death midwife, is a longtime hospice volunteer and has trained with Buddhist teachers in the field of death and dying.

Sue Salaniuk, Sally Rutzky, Alicia Rowe, and **Pam Lindberg** are Certified Iyengar Yoga Teachers with up to 30 years experience.

Carla Samson is a movement and lifestyle activator, health and wellness coach, yoga instructor, sound healer, and dance performer.

Nicki Scully is a shaman, teacher, and author of six books pertaining to healing arts, shamanism, and Egyptian mysteries.

Normandi Ellis is author of several books on Egyptian mythology and mysteries.

Self Realization Meditation Healing Centre, founded by Mata Yogananda Mahasaya Dharma, is a nonprofit near Lansing. Its aim is to give support to those struggling or

Teachers, Lecturers, Workshop Leaders, and the Centers

ANNIE ELDER *of The Community Farm of Ann Arbor. Annie, and her husband, Paul Bantle, are much beloved around town, for their years of inspiring leadership in the organic foods and farming communities. The farm, now in its 26th year, is based on the Biodynamic farming principles of Rudolf Steiner, and its goals remain: "to develop a sustainable method of agriculture that yields nourishing food while maintaining and enhancing the health of the soil; to provide a livelihood for the producers, and to create a partnership with the producers and the consumers in which the risks and rewards of farming are shared." The Community Farm has recently been engaged in the launch of the Chrysalis Biodynamic Agricultural Learning Center, the new educational arm of The Community Farm. http://www.chrysalisbd.org/*

suffering in life on any level, and to assist those who seek inner knowledge and personal growth in the pursuit of peace, health, and happiness.

Elizabeth Shadigian, MD, OB/GYN, is founder of WomanSafeHealth and works for women's advocacy.

Antonio Sieira, PhD, is a professional member of the American Hypnosis Association, with certifications in past life regression, smoking cessation, and weight loss therapies. He is also certified by the American Alternative Medical Association as an Alternative Medical Practitioner.

Caryn Simon is a crafty mother, birth doula, herbalist, community instigator, and homesteader.

Song of the Morning Ranch has served as a spiritual home to spiritual seekers for over four decades. Founder Yogacharya Oliver Black brought the timeless teachings of yoga and of Paramahansa Yogananda to northern Michigan in 1970, creating a place of spiritual refreshment and relaxation where people could train the mind and invite the soul to flourish.

Kathy Squiers (Kalaea) has been designing, tending, and teaching gardens for over 30 years.

Aileen Storoshchuk, BA, BSW, reads Akashic Records and does tarot, crystal healing, Reiki, Karuna Reiki, light body, and past life regressions, and facilitates a weekly meditation and spiritual discussion group.

Janene Ternes is a commissioned spiritual director who founded Prayer in Motion in 2003. She developed a variety of workshops that teach and inspire holistic forms of prayer.

Tatianah Thunberg , LMSW, ACSW, RYT, is founder of Spirit Moves in Ann Arbor, providing holistic psychotherapy, yoga, and Thai massage.

Stephanie Tighe, MSW, co-founder of Spirit Weavers, has studied with the Foundation for Shamanic Studies, Sandra Ingerman, and others since 1987. She has been trained by Sandra Ingerman to teach shamanic healing techniques and has been teaching and practicing shamanism for 25 years.

Judy Lee Trautman is a certified leader of dances, an initiated Sufi, and ordained Sufi Cherag.

James Treeclimber has practiced integral yoga for over 20 years and shamanism for 15 years.

Julie Tumbarello is a Level 3 Certified Active Dream Teacher through Robert Moss' Dream School, and has a background in psychic development, Reiki, and meditation.

Karen Ufer is certified in Iyengar yoga with over 30 years of teaching experience.

Jennifer Vanderwal is a Usui Tibetan Karuna Seiroku Reiki Master and a Melody Crystal Healer Instructor. She offers past life ascensions, cord removals, meridian clearing, and quantum touch, and facilitates healing crystal arrays.

Cam Vozar is a psychotherapist in private practice for over 25 years, and has worked with individuals and couples focusing on trauma, recovery, spirituality, and EMDR.

Billie Wahlen has been teaching Kundalini yoga since 2004 and is a massage therapist.

Karen Watanabe has worked with people in pain for over ten years, including those suffering from diabetic neuropathy, arthritis, scoliosis, and car accidents. She holds a degree in Psychology.

Suzy Wienckowski is a Reiki Master and Licensed Massage Therapist with over 30 years experience in the healing arts. Teaching the Usui System of Reiki Healing, Reiki has been the focus of her work since 1993.

Kelly Wilk is a nondenominational minister with a degree in anthropology and religion, and studied religion at New College in Edinburgh, Scotland. **Miranda Metelski** is a student of metaphysics with an interest in meditation and mysticism.

Debra Williams is a nationally certified massage therapist and bodyworker, practicing Reiki, massage, reflexology, and craniosacral therapy.

Julie Wolcott, MA, CSW, LPC, has practiced in the fields of counseling and psychotherapy for over 40 years. She is a Licensed Professional Counselor, Certified Social Worker, Phoenix Rising Yoga Therapy Practitioner, Kripalu Yoga Teacher, and Certified Transformational Breath Facilitator since 2004, and has been a meditator since the early 1960's.

The Yoga Room offers an alternative to commercial studios and gyms, with a class size of 12 people maximum to allow for individual attention.

The Yoga Space teachers are all certified by the Iyengar Yoga Association of the U.S. Their experience ranges from 9 to 30 years.

Wasentha Young has been creating mosaics since 2004, has taught at Ann Arbor Art Center, and is an active member of the Society of American Mosaic Artists and the Mosaic Artists of Michigan. She also has over 40 years experience as a master and scholar in the arts of Tai Chi and Chi Kung.

Karlta Zarley, RN, has over 30 years experience in preventative and holistic nursing care is a Certified Healing Touch Practitioner. She has been in private practice for 16 years as a professional healer and educator, providing energy work, spiritual direction, essential oil and flower essence consultations, and leading classes and retreats.

The Zen Buddhist Temple was formally opened in 1981 as part of the Buddhist Society for Compassionate Wisdom. The Temple functions on three levels: as a temple serving the public, as a training center for ordained members, and as a Sangha or community of members.

Now Hiring – Calendar Editor

Get to know our holistic community!

The Crazy Wisdom Community Journal is hiring for the position of Calendar Editor. This position includes typing listings of workshops and events for the Calendar section of the Community Journal, as well as brief biographies of practitioners, for our publication schedule three times yearly. Applicant must have excellent typing and grammatical skills, fluency with InDesign software, a general sense of the Crazy Wisdom holistic community, and the ability to work under pressure for a short period of two weeks, three times per year. Interest in growing and fine-tuning our Calendar, and its online version, is a plus. We are looking for someone with a good deal of stability in one's life, so that this could realistically be a minimum two-year commitment. Excellent pay. —— To apply, email Sarah@crazywisdom.net.

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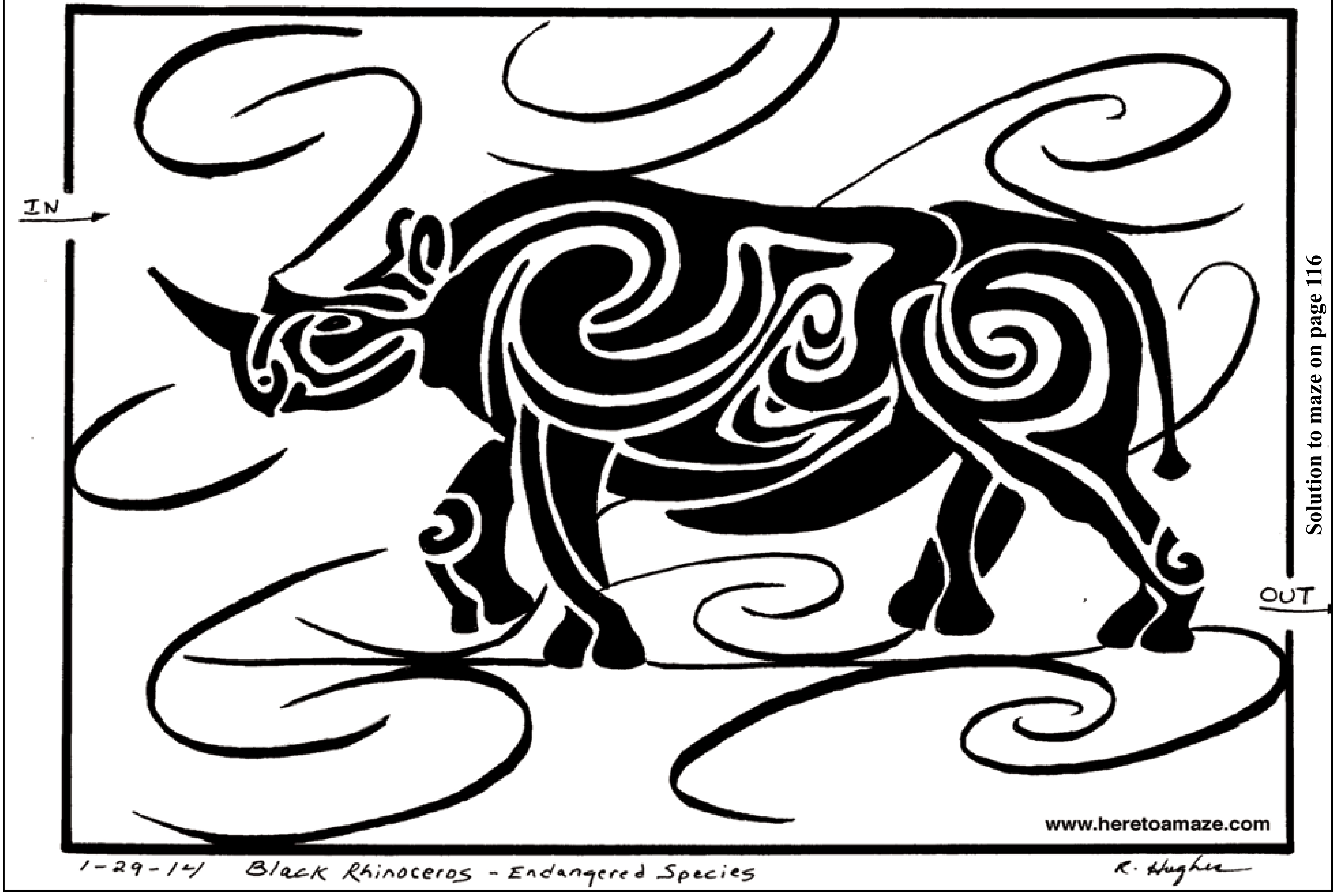
The Black Rhinoceros Maze



1-29-14 Black Rhinoceros - Endangered Species R. Hughes

Solution to maze on page 116

Final Gifts

by Nancy Ogilvie

Funny how one phone call can change your life dramatically in an instant.

On Thursday, May 30, 2013, a doctor at U-M hospital called to say my mother had been diagnosed with inoperable lung cancer. That was enough of a shock, and then he added the prognosis — she likely wouldn't live through the summer. I was stunned; there had been no forewarning whatsoever, and she was never a smoker.

There's nothing quite like knowing you're about to lose someone you love to make life crystal clear. I had been in a time of questioning and doubt about my life, confused about what was next. I was immediately compelled to spend the rest of my mom's life with her and my dad. It took me a day to tie up the loose ends of my life in Santa Cruz, California, indefinitely, and I was on a plane to Ann Arbor on Friday, May 31.

That Saturday, my mom and I were sitting in her room in assisted living at Glacier Hills after dinner. At a lull in the conversation, she said to me, "I've been thinking about the adventure I have ahead of me and wondering what it'll be like."

Even knowing she was dying,
my mom found the courage to
continue showing up fully for life.

Being slow to catch on for a moment, I suggested that we could start making a list of questions for the doctor. She smiled and with a twinkle in her eye replied, "Oh, so you think I should ask the doctor what heaven will be like?... I don't think so."

So, two days after the shock of learning she had a terminal illness, two days after deciding not to seek treatment but to enter hospice care, she was thinking of herself as starting an adventure! And she sustained that attitude through the rest of her life — living to her fullest capacity; demonstrating extraordinary courage, curiosity, and faith; clearly at peace with her life — and death. These are the final gifts she left me.

Witnessing her through that "adventure" was full of "final gifts" from her that I will treasure always. My aim in writing this essay is to highlight a few of those gifts, to pay tribute to this amazing woman who was (and in a different way, still is) my mother, and to share her story in hopes that it will be inspiring and perhaps comforting to others.

Living Life Fully

Even knowing she was dying, my mom found the courage to continue showing up fully for life. Our days were filled with the people and activities she loved: we celebrated my brother's birthday with take-out from the Gandy Dancer; good friends visited from Massachusetts and we had a picnic at Gallup Park; we read her favorite mystery writer, Ruth Rendell, and listened to choral music she had sung over her lifetime. Most evenings, I helped her get ready for bed, tucked her in, and prayed with her.

At one point, she said to me,
"I know I'm going on a long trip soon,
and I feel like I should be packing, but
I know I don't need to pack for this trip."

She continued the long-time ritual of cuddling on the sofa with my dad while they watched the evening PBS news. Witnessing the deep love and affection between them after almost 63 years of marriage was intensely bittersweet.

As the disease progressed, she of course became weaker and increasingly dependent on help. She had more days when she just wasn't up to getting dressed — although very few when she stayed in bed. Even when she began to lose control of her "bodily functions," she kept her grace and dignity and continued to engage in life as fully as she was able.

Accepting the Truth

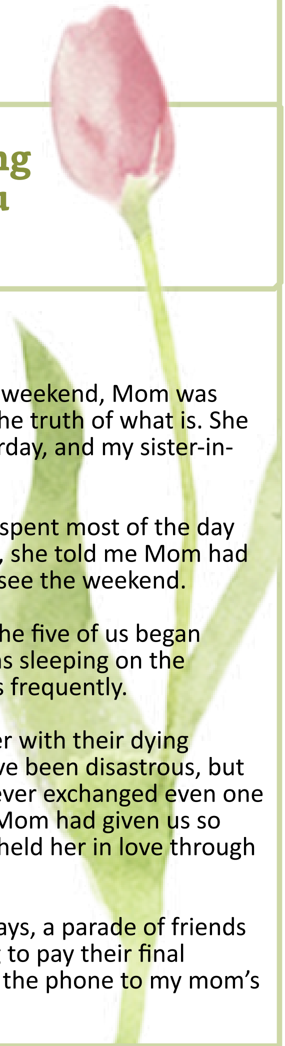
Rather than bemoan her fate or fight the inevitable, my mom chose to accept the truth of what was happening. She used her remaining time to deepen an already deep and abiding faith.

We had many conversations exploring her original curiosity about what heaven might be like. We read books about angels and the glimpses dying people give into what's after this life. She was certain she would be reunited with people who had gone before, and looked forward to seeing them again.

She had a long phone conversation with an Episcopal monk who had played a significant role in her spiritual life and development. She asked a dear friend who is a minister to help plan her memorial service. She told me more than once that she wasn't afraid to die but that it was horrendous to contemplate leaving her family behind. Those were the only times I ever saw her sad or distressed.

At one point, she said to me, "I know I'm going on a long trip soon, and I feel like I should be packing, but I know I don't need to pack for this trip."

**There's nothing quite like knowing
you're about to lose someone you
love to make life crystal clear.**



Simply Fearless Love

The end came abruptly, with no warning whatsoever. One weekend, Mom was going about living her life as fully as she could, accepting the truth of what is. She had been able to go to the dining room for dinner on Saturday, and my sister-in-law had taken her to Big Boy on Sunday for supper.

The following Tuesday, she had a dramatic downturn, and spent most of the day in bed. When the hospice nurse saw her around 5:00 p.m., she told me Mom had started her end-of-life phase, and that she likely wouldn't see the weekend.

My brother and sister and their partners assembled, and the five of us began sitting vigil around the clock at Mom's bedside, taking turns sleeping on the recliner or love seat or floor in her room. My dad joined us frequently.

Five very different adults sleeping in a single room together with their dying mother/mother-in-law for seven days and nights could have been disastrous, but the room was so filled with simply fearless love that we never exchanged even one cross word. My sister-in-law expressed it best — the love Mom had given us so freely for so many years was circulating back to her as we held her in love through her last days.

As word started spreading that Mom was in her last few days, a parade of friends and Glacier Hills staff who had cared for her began coming to pay their final respects. Her minister friend called every day, and I'd hold the phone to my mom's ear while she spoke words of love and comfort.

My sister-in-law expressed it best —
the love Mom had given us so freely for
so many years was circulating back to her
as we held her in love through her last days.

On Wednesday, Mom was still relatively alert and aware — enough to ask, "What's happening? Why are all these people coming to see me?" When my brother told her they were saying their goodbyes because it seemed like she wasn't going to be with us much longer, her response was, "I know. I'm not afraid."

By Thursday, she no longer had the energy to speak but continued interacting with us by raising her eyebrows or smiling or squeezing a hand, or occasionally frowning in mock disapproval of what we were saying. Words weren't necessary to express the love that was so palpably present in the room.

That evening, we were gathered around her bed sharing stories, laughing and crying together while Mom slept. She woke up, clearly wanting to join the conversation, and tried to speak, but just couldn't. Yet she stayed engaged with us without words. The grief on her face was poignant. I realized later how much energy — and love — it must have taken for her to wake up and be so present, even nonverbally.

For the next few days, Mom was clearly "between the worlds," seemingly talking with loved ones who had gone before her. She called out "Daduh," her name for her father, and "Bampi," her grandfather, at different points. In one of those conversations, she said clearly, "Not now," like she was telling someone she wasn't ready to cross over yet. Several times, we thought her death was imminent, and several times, she surprised us.

The time between her breaths simply got
longer and longer until there were no more.

She died peacefully on Tuesday, August 20, at 10:40 a.m. The time between her breaths simply got longer and longer until there were no more.

From start to finish, and especially when my siblings and partners joined in during Mom's final week, our journey together was a profoundly sacred experience for me. We saw beyond our humanity to the spiritual Being that lives in each of us. I beheld her divinity, and she mine, and we were expressions of Divine Love in our interactions with each other. This was Mom's last gift: simply fearless love, that quality of Divine Love that is ineffable and self-renewing. This Love never ends.

Nancy Ogilvie is a "New Thought Practitioner", coach, and consultant. She has now relocated to Ann Arbor. You can reach her at (510) 825-3125, nancy@inspiring-results.com, or www.inspiring-results.com.

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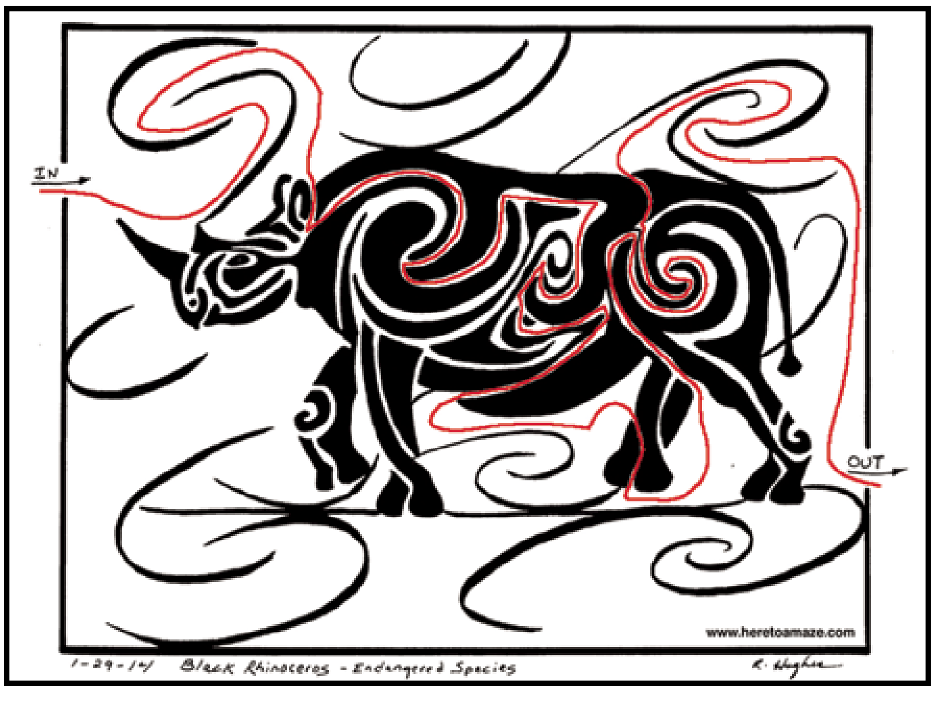

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